

goodfood

Middle East

FIRE UP THE BBQ

Give traditional roast beef a makeover and try this juicy and charred barbecued bavette with your next roast

WIN!
.....
**DINING
VOUCHERS AND
GOURMET
HOTEL STAYS**

**BACK TO
SCHOOL**

Creative and nutritious lunchbox ideas,
plus child-friendly recipes

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Best Indian Restaurant



Welcome to September!

Wait, what? September, already? I feel like everyone around is asking, “where has the year gone?”, and rightfully so. The kids are now back in school and we are officially four months away from the much-anticipated Christmas indulge (squeal!), but better yet the weather is finally starting to take a turn towards cooler days – so fire up the grill and say ‘hello’ to al fresco dining!

Inside this month’s ‘back to school’ issue, we focus on child-friendly recipes and refreshing ways to make packed lunches exciting, tasty and nutritious. You’ll also find top tips on how to get your little ones involved more in the kitchen (*How to get kids cooking, p51*).

As research shows, children who are educated about food and the importance of nutrition, are far more likely to take interest in the produce they put into their bodies, and are much more aware of the health benefits and risks of certain diets. So, why not start early and invite your kids to help prepare their lunchbox for school (*Healthier packed lunches, p56*)? Or, perhaps for dinner introduce them to a new cuisine and try a recipe from p44-48 (*A taste of the sun*), where you’ll find a fantastic variety of dishes from the likes of Spain and Greece.

Speaking of international destinations, this issue is bursting with exciting culinary travel reviews. A hot vacation ‘must’ at the moment is to go glamping (ideal with or without children). It’s camping with a bit of glitz and glam added in – so expect gourmet meals and a taste of the local land without having to get your hands dirty (*Gourmet glamping, p87*).

Sit back – perhaps with a heavenly, homemade Portuguese custard tart (*p112*) – relax, and digest this delicious issue while planning your next foodie adventure!

Have a special September, everyone!



Sophie
Editor

WHAT WE'RE LOVING!



“Try something new and learn how to make your own doughnuts at home this month – they are delicious!” says sales executive, Liz.



Sales director, Michael says: “This grilled cheese sandwich is not to be missed – comfort food at its best!”



“If you’re a fan of oysters, I’d highly recommend giving this recipe a try,” says graphic designer, Froilan.



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Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.



I am writing to commend BBC Good Food ME on putting together such an informative magazine. Both myself and my wife enjoy reading it. Every page has a nugget of information,

interesting ideas and of course unique ways of presenting food. Running around at work and home, spending time with the kids, in other words juggling family responsibilities, myself and my wife seldom get out in the evenings to have time to ourselves and experience restaurants alone. But your 'Tried & Tasted' in the August issue featuring Nola Eatery in JLT caught our attention and we decided to visit. It whisked us both back to our young days of dating, bringing back wonderful memories of spending fun time together. Trusting your professional choice of dishes, we had the Louisiana crab cakes, jumbo prawns with garlic butter. As for me I ordered the extra voodoo turkey burger – WOW! They were truly glorious dishes. The Sizzling Brownies were an absolute delight to a perfect end of the evening. I hope your 'Tried & Tasted' interest other BBC readers as much as it did myself. It is important to dine out as a couple alone with your partner. Thanks again for your trusted recommendation.

Randall Cardoz



As I'm a constant reader of BBC Good Food ME, I'm a huge fan of scrumptious, mouth-watering, succulent, irresistible desserts and puddings. I love lollipops, custard pies, meringues and chocolate cupcakes with the yummylicious topping of whipped cream being served in it. I couldn't even imagine life without these precious sweet moments. I really hope to see more middle eastern dessert recipes, updates with lots of fusion and international twists in the next issue of your magazine.

Shaima I



The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola**, The leading retailer of European products and essential items for kitchens. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauveil, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER

When flipping through the August issue, I was hoping to find a recipe that my three-year old son could help with – he loves to help his Mama in the kitchen. We absolutely loved doing the chocolate and hazelnut thumbprint cookies together. He did the measuring, adding to the bowl, mixing and then he put his tiny thumb prints into the dough, following the instructions. He even dropped the chocolate syrup on top. Thank you for this recipe, my son learnt a new word (thumbprint), and he enjoyed every moment of making these cookies from p51 of the August issue. Not forgetting to mention that they were very delicious. Thank you for being the reason of the smiles on my son's face. We will be making the banana pancakes sometime soon this week!



Raiyan Shariz

TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



@bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



Rendez-vous à Table

When the meal is ready, the French shout: **à table!** Our new menu is ready and is set to dazzle.

We welcome you and friends to indulge in a delectable selection of items all meant to share – starters, entrées and desserts – handpicked by Chef to allow you the experience of all the flavours on the menu in one night paired with house-poured grape beverages.

All set in Brasserie Quartier – **Dubai's Versailles Reborn**. Book your table now!

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NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.



Italy in Dubai

Now in its eighth year, the Italian Cuisine World Summit (ICWS) is set to take place in Dubai from November 7-17, 2016, bringing with it the most delicious culinary delights Italy has to offer.

The 2016 edition will bring the best Italian restaurants, food and wine producers, Michelin-starred chefs and culinary experts together under one roof, with the aim to showcase, celebrate, promote and educate consumers about the beauty of Italian cuisine, its ingredients, and leading manufacturers.

Chefs invited to this year's summit include: Enrico Bartolini, Heinz Beck, Moreno Cedroni, Pino Cuttaia, Gennaro Esposito, Annie Feolde, Giorgio Locatelli and others. While you can expect to find some of your favourite Italian restaurants like Roberto's, Alta Badia, Bice, Bussola, Cipriani and many more. Visit: www.italiancuisinesummit.com.



THE BEST BITES

Local talent wins

Following remarkable performances by ten talented young chefs from the Middle East and Africa region, head chef Grégoire Berger of Ossiano, Atlantis The Palm, was recently announced as winner of S.Pellegrino's Young Chef MEA regional challenge, and will advance to the world Grand Finale competition in Milan, Italy on October 13, 2016.

Other contenders included Michael O'Shea from The Ivy, Dubai who was awarded second place, while Eka Mochamad of Bateaux Dubai placed third.

The regional challenge took place at the South African Chef's Academy, and chef Grégoire won with a dish of 'Kerguelen island legume and cured goose, ponzu insert, potato shell stuffed with agria espuma, roasted and sour jus, artichoke and black truffle, shimeji, and tarragon powder'.

Speaking on his victory, the chef said: "I'm thrilled to be representing the MEA region in Milan!"

Text SOPHIE MCCARRICK | Photographs SUPPLIED

DINING OUT

Eating out with kids?

Here are our top tips for dining without the whining, when taking the children for dinner after school....

- **Pick a busy restaurant** – you'll feel less conscious of the pitch of your child's voice.
- **Go early**, think noon for lunch on the weekend, or 6.30pm for dinner. Kids won't get over-hungry, and service will be speedier.
- **Stay one course ahead** – ideally the children should be eating pudding while you enjoy your main, so you can relax and take full advantage of the happy silence when their tummies are full.
- **Keep kids involved** and include them in the conversation. If crayons and chat aren't cutting it, then a phone or tablet can be the answer.



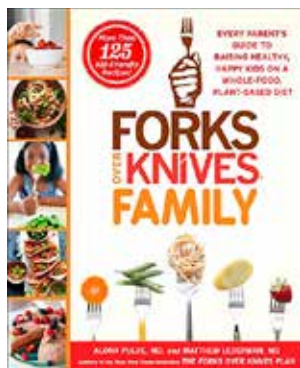
#TRENDING

Freakshakes

The milkshake has been given a monster makeover. Freakshakes are the new, extreme version of the classic ice-cream based drink. They overflow with cream chocolate, flavoured sauces and indulgent snacks, such as brownies, doughnuts, and even whole slices of pie! There really is no limit to what can go on top of your shake. What's best, is that you can find them at The Black Lion Dubai, served in trendy mason, overflowing with lashings of cream, chocolate and caramel sauce (hello Instagram!). Flavours available range from strawberry and jam doughnut, pistachio and white chocolate, to maple and pecan with a slice of tart, caramel and banoffee and more! From Dhs45 per freakshake. Have you spotted them anywhere else in Dubai yet? Let us know! #freakshakes @bbcgoodfoodmiddleeast

CULINAREADS

Forks Over Knives Family: Every Parent's Guide to Raising Healthy, Happy Kids on a Whole-Food, Plant-Based Diet, by Alona Pulde and Matthew Lederman M.D. (September 6, 2016)



Just as the kids go back to school, from the authors of the New York Times bestselling *Forks Over Knives Plan* comes a complete guide to a whole-food, plant-based lifestyle for your entire family, with more than 125 delicious kid-friendly recipes and tips for raising a whole-foods-loving child in a junk-food-laden world.

With a comprehensive look at every stage of a child's development, the *Forks Over Knives* team will help get kids on

track to a sustainable, whole foods lifestyle. Beginning with pregnancy, through birth and childhood, and continuing into the teenage years, this guide tackles all the most important topics to keep your children healthy, from dealing with allergies to travelling and sleepovers. The book addresses major obstacles and parenting concerns such as: Are supplements and vitamins necessary? Is my kid eating enough? How can we transition to plant-based living with a house full of kids? What about birthday parties and play dates?

Filled with more than 125 quick and easy recipes, helpful tips, and the latest in scientific findings, the *Forks Over Knives Family* teaches you why whole food, plant-based eating is the best way to keep your family healthy and well-nourished.

"MY DOCTOR TOLD ME I HAD TO STOP THROWING INTIMATE DINNERS FOR FOUR UNLESS THERE ARE THREE OTHER PEOPLE."

- Orson Welles

HEALTH ALERT

Sweat it out

Can't stop snacking after a long day at work? A recent study found that mental exertion drains energy, causing your body to crave a food boost.

Counterintuitively, participants who exercised after completing a difficult exam felt less hungry than those who simply relaxed.

So, if you're trying not to overeat in the evening, it's a good idea to squeeze some exercise in after work.

Top product picks

Back to School



How cute is this Bentology kitty lunchbox?

Available at Virgin Megastores for Dhs59, this box keeps food fresh and secure.

Treat the kids after school!

In as little as 30 minutes, you can create and recreate 1.5 litres of your favorite ice-cream flavours right in your kitchen! Lakeland's Digital Ice Cream Maker churns ice cream, sorbet and frozen yoghurt into silky smooth perfection. Priced at Dhs340 available at Lakeland stores.



If your little one is a fan of orange,

this stylish, foodie-lovin' Herschel backpack will be the perfect fit! Priced at Dhs199 from Herschel stores.



For the cool kids that love food

this Herschel backpack is fun, comfortable and perfect for starting the school year with. Priced at Dhs179 from Virgin Megastores.



Avoid spillages with this Eco Vessel,

which is completely spill-proof and easy to use. Priced at Dhs89 from Virgin Megastores.



This Yumbox shows you exactly what to pack in your child's lunch.

With labelled, separated sections, this lunchbox tells you where to put dairy, fruit, protein, grains, vegetables and treats – all in the right proportions. Available at selected supermarkets.



Keep your little ones hydrated

with one of these S'well water bottles, which come in a variety of colours and designs. They keep liquids cool, and won't spill all over their backpacks. Priced at Dhs109 from selected supermarkets.

HUNGRY?

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FIVE WAYS WITH

Flavoured butters

Good, fresh bread and butter – one of life's simple pleasures. Now restaurants have taken it up a notch, flavouring their butters. It's easy to recreate this trend at home.

Espresso butter

Beat soft butter together with a shot of espresso, a dash of vanilla extract and icing sugar so it suits your taste. Serve with warm or (even better) griddled banana bread.

Chicken butter

Blitz crispy chicken skin in a food processor with flaky sea salt, a pinch of paprika and some butter. Really good on chips.

Peshwari butter

Mix together a handful of desiccated coconut, toasted flaked almonds and sultanas, then beat in softened butter. Melt on top of pancakes or stir through curries.

Nduja butter

Roll out room-temperature butter between two sheets of baking parchment, then spread all over with nduja. Re-roll the butter so that you have spirals of spicy sausage. Particularly good stirred into pasta.

Umami butter

Grate Parmesan into softened butter and beat together with Marmite to taste. This amazing flavour explosion will change your toast game forever!

Chicken butter

Peshwari butter

Espresso butter

Umami butter

Nduja butter

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ASK THE EXPERTS

Q It's time for the children to go back to school – what should I be packing in their lunchbox and what is ideal for snack time?

Planning what goes into your child's lunchbox and what they are eating at school is vital for positive behaviour and optimal learning during class. With the huge variety of snack foods on the supermarket shelves in their bright coloured and enticing packaging, finding the right foods to pack into the lunchboxes can be challenging.

It is important for your child's lunch to contain unprocessed carbohydrates and wholegrains. My favourite examples are; sweet potato, potato, pumpkin, brown rice, quinoa, oats and buckwheat. Add to this a quality source of protein to help keep them feeling full. For example, lean beef meatballs, almond crumbed chicken bites or boiled eggs.

Include loads of fresh vegetables and fruit. Make eating easy by cutting the fruit and vegetables up into slices. Include a healthy dip such as hummous and guacamole for vegetable sticks and yoghurt or natural nut butter for fruit. These healthy dips are also a great way to include protein and fats into your child's meal.

Don't forget to make the lunchbox a little more exciting by including a healthy treat such as chocolate date raw balls (blend together 1 cup of softened dates, 3 tablespoons of raw cacao powder and 1/2 a cup of ground almonds or seeds) or a homemade trail mix (nuts or seeds, goji berries, coconut flakes and dark organic chocolate).



Chloe Moir

A nutritionist with over 4 years' experience, Chloe teaches clients to make healthy choices and small lifestyle changes that help to achieve personal goals. Her food and nutrition blog offers nutrition tips and nutritious recipes: www.chloemoirnutrition.com.



Darren Velvick

Head chef at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.



Q What breakfasts would you recommend to keep children satisfied and feeling fuller for longer throughout their school day?

Breakfast in our family is the most important, however, the hardest to get the kids to eat. School starts so early here in Dubai, so the last thing on my kids' mind is eating. We try and make it easy for them so they don't have to work too hard and they get good nutrition into their bodies easily. Here are some of the things I'd recommend:

Muesli – it's great as it slowly releases energy throughout the morning. We make our own as most supermarket bought muesli is high in sugar and contain processed carbohydrates. Toasted muesli also contains damaging vegetable oils. I avoid these. I toast organic oats in coconut oils with lots of seeds and nuts, and finished with a dash of honey. No butter, no refined sugar.

Fruit juice – We have a cold press juicer and every morning our kids have an organic apple, lemon and ginger shot, sometimes I sneak some kale in there and just tell them it's green apple.

Fruit salad – every morning we have some fruit cut up, for example pineapple, apple, strawberries and blueberries. Cut them up the night before so it's not any trouble in the morning.

Toast – we use organic spelt sourdough for toast, which is a little easier to digest and is high in protein and nutrient dense. Spelt is an ancient grain which has slightly lower levels of gluten, and sourdough is made with fermented dough making the bread easier to digest and doesn't cause undesirable spikes in blood sugar levels.

Pancakes – I make gluten-free pancakes using almond milk, served with chopped bananas and a dash of maple syrup.

ASK THE EXPERTS



Sally Prosser

Author of award-winning food and travel blog www.mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.

Q How often should a blogger post to sustain a loyal audience?

If you are a reader of blogs, then you probably have a clear idea of how often you'd like to hear from your favourite ones. If you are a blogger then the answer might not be so obvious, and yes, it's complicated – but here are a few tips to help you find the answer.

Posting every day in a row for a week and then nothing for two months is a bad idea. Your readers must know when to expect something from you whether daily, weekly or monthly.

Plan an editorial calendar and allocate regularly blogging time. Set a timer and mute all distractions (email and social media especially). This habit will help you produce a regular stream of content.

For setting up a new blog, you will need to build up a body of content to get yourself established so probably want to blog more often. Set yourself some targets, however don't just churn it out, aim for high quality content.

Once you have a regular readership, upping your posting frequency or changing your pattern can actually lead to switching people off and unsubscribing so experiment carefully and stick with what works.

Check your Google Analytics. A small percentage of your posts will probably generate most of your traffic. Post more popular content like this, even if it means blogging less often.

'Evergreen' content is information that will stay useful to your readers and potential readers for a long time. Short topical posts might get a short traffic spike (see BuzzFeed for example) but definitive articles on a topic will attract eyeballs for a long-time to come. Update and improve these sort of posts on your blog at least annually to ensure they are not outdated.

Research what your readers really hear from you, produce useful content, maintain high standards and you'll find that quality will always triumph over quantity.

Finally, blog with passion, from your heart as well as your head. How often do you like to hear from blogs you read? How often do you post on your blog? Do come and tell me over on www.mycustardpie.com



Q Which restaurants would you recommend popping into with the children after the school day finishes?

It's still too early for me to be an expert on kids' friendly restaurants as our daughter has just started solids, but here are my thoughts.

For good quality food, suitable for children, head to the BookMunch Café – either at their Al Safa location or now in Business Bay. It is great place filled with books, a safe area to play and it is adult friendly too.

Next up I'd recommend Life'n One in Jumeirah - a place that is much more grown up, but has an amazing garden area and food to match – especially now with chef Hayley Mac in charge (she was formerly at the Bestro Café). This is a place to unwind and catch up on some homework.

Personally, I think any place, where you can see how the food is being prepared or with ingredients on display is entertaining enough (I might still be a bit naïve). Therefore, Eataly or Baker and Spice are good choices for fresh food with plenty on offer.

Why not to bring the restaurant to your children after school? I am sure your kids will be excited if you surprise them with a picnic basket or just couple of sandwiches. You can share them in a nearby park and have a fun afternoon together – and be 100% sure of what went into their meal too.



Tomas Reger

Award-winning freelance chef and food consultant behind successful projects such as Intersect by Lexus Dubai, Le Sushi Bar Beirut, Junkyard Beirut and the Bloomie's Kitchen Cooking Demo Series.



Amwaj
Rotana
Jumeirah Beach – Dubai

Gusto!

Amwaj Rotana's award-winning restaurant, Rosso, serves hearty Italian cuisine in an atmosphere of casual elegance.

Our team is on hand to recommend traditional Italian dishes and a selection of grape beverages from around the world.

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rotana.com

Flavours of the *month*

Here is what's hot and happening
around town this month.

New on the block

👉 **Carnival by Tresind, DIFC**

Brought to us by the Passion F&B team behind Tresind, their second venture 'Carnival by Tresind' will open its doors this month, serving post-modern Indian cuisine. The new restaurant will be a celebration of India's cuisine, where Indian food comes of age to shed its former glamorous, modern avatar and take leaps ahead to enter the post-modern era (think molecular!). It will present a contemporary interpretation of Indian cuisine in an ambience that is both chic and minimalistic. This isn't an opening to miss out on! Call 04-4218665.

👉 **Al Mahara, Burj Al Arab**

Following the much talked about announcement of the collaboration between the iconic Burj Al Arab and renowned British chef Nathan Outlaw, the opening date of the new seafood restaurant has been confirmed. Nathan Outlaw at Al Mahara will open on September 24 and will offer great food with down-to-earth, high quality hospitality and a fun, lively atmosphere. Nathan's style of cooking is one of simplicity, but with complex flavour combinations using top-quality local, seasonal, responsibly sourced ingredients. He likes to let the seafood shine and the taste to make the impact. Call 04-3017600.

👉 **Tribes Carnivore, The Dubai Mall**

Tribes Carnivore is the latest concept to be launched under the Tribes brand name, offering an all-you-can-eat casual-dining concept located in the Dubai Mall. The tribal-themed restaurant, which opened last month, serves an extensive, meaty menu that sees diners tucking into a range of premium meat cuts, alongside a host of hearty sides, salads and sauces for lunch and dinner. The all-you-can-meat lunch costs Dhs135, while the all-you-can-meat dinner is Dhs165. From spicy lamb rump steaks and Cape Malay spiced prawns, to BBQ glazed short ribs and rump steaks, cooked fresh and carved at your table, there's something from everyone. Contact infodm@tribesrestaurant.com.

👉 **GRK Fresh Greek, BurJuman**

GRK Fresh Greek continues to bring authentic Greek street food to the city, with the opening of its second restaurant this month in BurJuman Centre, Dubai. GRK's philosophy is to source the best quality products from Greece, including extra virgin olive oil, pure and natural Greek honey and Greek yoghurt, with the highest quality meats, fresh salads, herbs and spices, delivering an authentic dining experience, perfect for on-the-go lunches or relaxed evening meals.

Carnival by Tresind, DIFC

Text by SOPHIE MCCARRICK | Photographs SUPPLIED

📍 Iris Dubai, The Oberoi Dubai

Located on the twenty-seventh floor of The Oberoi Dubai, Iris Dubai transforms the upper deck into the perfect tropical yet modern getaway amid Dubai's concrete skyscraper jungle. Iris Dubai stands out as the city's ultimate rooftop experience, featuring an extensive menu of international dishes and creative cocktails served alongside stunning views of the city. The menu is a blend of Mediterranean cuisine, with a Japanese and Asian inspired raw bar. Modern twists on traditional dishes give a unique yet comforting taste. Stand out menu items include the burrata tartine, mini truffle burgers, the trio carpaccio of fresh tuna, king fish and salmon served with a special ponzu sauce, and the grilled Scottish salmon, served with a thick basil crust on top of ratte potatoes and crispy asparagus. *Call 056-9511442.*



📍 Na3Na3, The Address Dubai Mall

Dive into seafood extravagance at Na3Na3 and experience a lavish buffet to start your weekend. Octopus carpaccio, salmon gravlax and smoked fish with fennel and mandarin are some of the highlights of the evening. The seafood night takes place every Thursday from 7pm to 11pm for Dhs320 including soft beverages, or Dhs420 including selected beverages. *Call 04-4388888.*



📍 Porterhouse, Sofitel Dubai The Palm

Popular steakhouse, Porterhouse will re-launch its Friday Rare Brunch on September 16 offering guests tender, premium cuts of meat, such as Prime Grain Fed US Beef and decadent Australian Leg of Lamb on Rotisserie that will be cooked and carved in front of guests in the heart of the Polynesian-inspired restaurant. Offering an extensive menu consisting of mouth-watering meats, charcoal barbecue stations and guests can relax overlooking the resort and enjoy a vast selection of delicious desserts and a wide selection of drinks, including house grape, sparkling grape and speciality Porterhouse cocktails. The relaxed brunch also offers pool and beach access to the resort's 5-star private beach. From 12.30pm-3.30pm, for Dhs250 with soft beverages, and Dhs495 with selected house beverages. *Call 04-4555656.*



📍 Reform Social & Grill, The Lakes

This month, Reform Social & Grill is launching a brand new brunch, taking you on a nostalgic taste tour with 'The Great British Road Trip' brunch! From September 16, take a walk down memory lane, starting with the 'campsite picnic platter' and share smoked mackerel pate, taken from the coast of Cornwall where camping trips were a family tradition. Head up to Yorkshire for a 'mini toad-in-the-hole' and then 'mardle' with your friends over some 'mustard chipolatas' from Norfolk. Main courses will take you to Brighton Pier for a well-loved serving of 'fish & chips', or share a 'fish pie' from the famous 'Cornish Riviera' with a mix of salmon, mussels and the finest British mature cheddar. Last but not least, leave room for childhood favourites including an 'apple crumble with custard', 'sticky toffee pudding', and then a stop off at the ice cream parlor for a selection of 'mini cones', which include 'Pimm's ripple', 'blackberry & honeycomb' and 'whiskey fudge' to remind you of all those summers you spent outdoors. Two seating times every Friday, from 12pm-4pm and 6pm-10pm, for Dhs260 with soft drinks, Dhs360 with selected beverages, and Dhs405 with bubbles. *Call 04-4542638.*

📍 Al Fayrooz Lounge, Jumeirah Al Qasr

Cool down this summer with a spin on the traditional afternoon tea. Al Fayrooz Lounge in Jumeirah Al Qasr is introducing an Iced Afternoon Tea with six delicious flavours to choose from: lemon, peach, mint, blackcurrant, date and green tea with rose petals. Accompanying the refreshing iced teas are scrumptious tarts and scones, bite-size sandwiches, and a final course of a chocolate fountain with dippable fresh fruit and cake pops. Perfect views of Burj Al Arab Jumeirah and an ambiance set with live piano music, it makes for an undisturbed afternoon of palatial indulgence. From 2pm-6pm, for Dhs225 per person. *Call 04-4323232.*

📍 The Beach House, Park Hyatt Abu Dhabi

Escape to the Mediterranean, with Beach House's comforting tapas menu. Made to share with a group of friends, family or colleagues, the authentic tapas will instantly transport you to the zestful life and flavors of Latin America. The menu offers a selection of both cold and hot tapas, from the classic rusa salad and hearty Sevilla spinach and chickpea stew, to patatas bravas and pulpo gallega. Whether you're a charcuterie lover or a cheese aficionado, a meat eater or a vegetarian, there is a dish for everyone to enjoy over lunch or dinner. Overlooking the azure Saadiyat waters, The Beach House's relaxed and tranquil setting makes for the ideal island retreat. *Call 02-4071138.*





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Tried & *tasted*

Each month, we review two of the city's top tables.



Reviewed by Sophie McCarrick

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

WHERE: Totora Cebicheria Peruana, DIFC

WHAT'S IT LIKE: Just when you thought Dubai's standard of Peruvian cuisine had reached its best – Totora opens its doors! The colourful, contemporary and welcoming restaurant offers classic flavours from Peru, influenced by a harmonious hint of Japanese technique and skill. You enter over a walkway that imitates the look and feel of a traditional rope suspension bridge, and can opt to sit in the two-tiered dining room

area, or downstairs in the trendy lounge, where a DJ plays and a bar serves up unmissable pisco sours. Once seated, our fabulous waitress Rosana presented menus and proceeded to talk us through the concept, which is very sharing-style friendly and comprises ceviches, tiraditos, causas, maki rolls, small/big plates, grilled skewers and wok fried dishes. Rosana knew the cuisine and menu inside out and really made the experience by introducing us to things we perhaps wouldn't have tried otherwise, including the

trio de causas, a Peruvian street food consisting heavily of flavoured mashed potato (served cold), with slight fillings of octopus, shrimp and crab. We shared dishes of a beautiful scallop tiraditos (pictured), which comes paired with leche de tigre, coriander oil and a delightful crunch of quinoa to balance the textures, plus a beautiful ceviche of octopus, shrimps, sea bass, boiled cassava, and chulpi corn, to begin with. Followed by a gorgeous bowl of succulent duck with rice cooked in aji amarillo, coriander and beer, for

main with a DIY wagyu tenderloin prepared tabletop on a sizzling Himalayan salt brick. We were rather full at this point, but who can pass up an oozing chocolate fondant, with lucuma ice-cream – a fruit native to Peru. If you're a fan of Peruvian – this is a great spot for quality food bursting with unique flavours, in a vibrant yet relaxing atmosphere.

IF YOU WANT TO GO:

Around Dhs250 per person for three-courses, excluding beverages. Call 04-3999666.



Photographs SUPPLIED



WHERE: INDIE, Gate village five, DIFC

WHAT'S IT LIKE: Perched above Gaucho, INDIE is everything you'd expect from the creative team behind Iris Dubai and White – it's alluring, alternative, cool, vintage and chic, all rolled into one, and boasts a cocktail menu that basically invites you to be naughty. It's a great night spot and is somewhere you go to chill, let your hair down and socialise, all while enjoying irresistible, internationally-inspired bites (everything from pasta and gnocchi, to ceviche and samosas). The mood is casual and really quite electric once the vibe picks up later in the evening when the DJ turns up the house hits and the lights become slightly dimmed. The menu here is divided into sections including bites and sliders, salads and grains, grills and mains, sides, plus sweets. It's not a massive menu, which I like. We opted to share a few dishes, starting with our favourite of the evening, a portion of spicy raw tuna on crispy rice cubes, which were conveniently served on mini skewers, making them

perfectly mess-free. Next up came a dish of lightly-smoked salmon tartare with ginger, radish and lime, which was tender and left a nice little tangy taste in my mouth. For main, my dining partner and I shared the 'tagliata', a grilled prime beef fillet sprinkled with a dash of rock salt and figs balsamic drizzle, paired with a fresh, crunchy 'craboustine' salad – a clever combination of crab and langoustine with wild herbs. By dessert, I must admit I was more enticed by the fantastically creative cocktail menu – INDIE really boasts an exciting collection with some great flavour combinations – but my partner's sweet tooth saw us indulge on a sweet treats platter that included a gorgeous pineapple carpaccio, waffle love-bites (to die for!), a chocolate cake, plus a coconut pudding. If you're looking for a fun evening out that takes you away from the glitz and glam of Dubai, INDIE is the place to be.

IF YOU WANT TO GO: Around Dhs250 per person for three-courses, excluding beverages. Call 055-4556106.



INGREDIENT OF THE MONTH

PINEAPPLE

Pronounce it: pine-ap-pel



Also known as ‘ananas comosus’, the pineapple is a tropical plant from the Bromeliaceae family. Distinctive in appearance, pineapples have golden orange, cross-hatched skin, with dusty green leaves spiking from its top. Unbeknown to many, a single pineapple is actually a collection of multiple diamond-shaped fruits. The flesh of a pineapple is yellow and boasts an acidic, fruity tang, which can be eaten fresh, juiced or preserved. Pineapples are used in a wide variety of cuisines, and because they contain an enzyme called bromelain which breaks down protein, they are great to use in marinades, or to tenderise meat or fish. But, be aware that the same enzyme, when raw, prevents gelatine from setting. When buying a fresh pineapple, go for one that feels heavy and has no bruising or brown leaves. When a pineapple is ripe and at its best, it should smell sweetly and very fragrant. Once at home store your pineapple at room temperature – if it is ripe, it will keep for around three days. If you choose to peel and chop the pineapple, store the meat of the fruit in an airtight container in the fridge. To cook, cut into slices or wedges and grill (4-5 minutes), or pan-fry (3-4 minutes). You will find pineapples at most supermarkets in whole, fresh form, or as peeled and chopped fruit preserved in a can.



LET US KNOW: Where do you find the best pineapples in the UAE?



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Give your traditional roast beef an update with this
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recipes SOPHIE GODWIN *photographs* STUART OVENDEN





Bavette with chimichurri sauce

Steak and chimichurri sauce is a classic combination, but pickled jalapeños give it a modern twist.

SERVES 4 with leftovers

PREP 15 mins COOK 10 mins EASY

1.5kg bavette steak

2 tbsp olive oil

For the chimichurri sauce

2 green chillies, sliced

100ml extra virgin olive oil

small pack oregano, leaves picked

large pack parsley, leaves picked

1 banana shallot, roughly sliced

2 tbsp red wine vinegar

2 garlic cloves, roughly sliced

10 pickled jalapeños

zest 1 lemon

1 Start by making the chimichurri sauce. Blitz all the ingredients in a food processor until they're finely chopped but the sauce still has a little texture. Transfer to a bowl and season to taste. The sauce should be punchy, herby and fragrant, with a good kick of chilli. Cover with cling film and put in the fridge to let the flavours develop. *Can be made a few days ahead – keep in the fridge until needed.*

2 Take the bavette out of the fridge 1 hr before cooking so it comes up to room temperature. Meanwhile, get your barbecue nice and hot, or heat a large griddle pan until it's nearly smoking.

3 Season the bavette liberally with flaky sea salt and a good grinding of black pepper, and rub with oil on both sides. Place on the barbecue or in a griddle pan and cook for 4-5 mins each side or until cooked to your liking.

4 Rest the bavette for 5 mins, then thinly slice two-thirds of the meat, reserving 500g for the week ahead (see leftover ideas, opposite). Taste your chimichurri sauce again and adjust the seasoning if necessary.

5 Serve with the cheesy corn on the cob and blackened sweet potato mash (see recipes, right), and the chimichurri sauce spooned over.

BENEFITS vit c • iron • gluten free

PER SERVING 661 kcals • fat 53g • saturates 12g •

carbs 1g • sugars 1g • fibre 3g • protein 43g • salt 0.6g



Cheesy corn on the cob

This cheesy, buttery corn on the cob is a great contrast to the punchiness of the chimichurri sauce.

SERVES 4 PREP 5 mins

COOK 10 mins EASY

4 corn cobs

30g butter, melted

30g Parmesan (or vegetarian alternative), finely grated

1 Bring a large saucepan of salted water to the boil. Plunge in the corn cobs and cook for 5 mins until slightly tender, then drain. *Can be done a day ahead – put the corn in a roasting tin, cover and chill until needed.*

2 Season the corn, put on a hot barbecue and cook for 5 mins, turning regularly until it begins to blister and some of the kernels have popped and charred in places. Alternatively, heat a griddle pan over a high heat and griddle the corn for 4-5 mins each side for a similar effect.

3 Brush on all sides with the melted butter, then scatter over the Parmesan and some black pepper.

BENEFITS vegetarian • low fat • 1 of 5-a-day • gluten free

PER SERVING 184 kcals • fat 11g • saturates 6g • carbs 11g • sugars 3g • fibre 6g • protein 5g • salt 0.3g



Blackened sweet potato mash

SERVES 4 PREP 10 mins

COOK 50 mins EASY

1kg sweet potatoes

1 tbsp olive oil

juice 1 lime, plus 1 cut into

4 wedges to serve

4 spring onions, sliced on the diagonal

extra virgin olive oil, for drizzling

1 Prick the sweet potatoes with a fork, then put each one on a piece of foil. Drizzle with a little oil, season, then tightly wrap them. If you have a couple of smaller potatoes, wrap them together so they cook evenly.

2 Carefully place directly onto the coals of a hot barbecue and cook for 35-40 mins until partly blackened and completely soft inside. To test, insert a skewer through the foil into the centre of the potato – it should go in easily. Alternatively, heat oven to 200C/180C fan/gas 6. Put the potatoes on the top shelf of the oven and roast for 45 mins, then heat the grill to its highest setting and grill for 5 mins, turning halfway, until slightly charred.

3 Put the potatoes on a large platter and lightly mash with a fork, skins and all – they will fall apart easily. Drizzle over the lime juice and a good glug of extra virgin olive oil, and season well before topping with the spring onions. Serve with lime wedges on the side.

BENEFITS vegan • low fat • fibre • vit c •

1 of 5-a-day • gluten free

PER SERVING 347 kcals • fat 5g • saturates 1g •

carbs 67g • sugars 35g • fibre 11g • protein 4g • salt 0.3g

Two easy ideas for your leftover beef



Steak panzanella salad with roasted lemons

Bavette with sharp, sweet roasted lemons and crisp, spiced pitta bread makes a hearty meal that will satisfy even salad-phobics.

This recipe benefits enormously from using quality ingredients. Try heritage tomatoes for their incredible flavour and colour.

SERVES 4 PREP 15 mins
COOK 20 mins EASY

1 large unwaxed lemon, cut into thin rounds, then halved
2½ tbsp olive oil
1 tbsp za'atar
2 pitta breads, torn into pieces
200g leftover bavette, thinly sliced
600g mixed tomatoes, smaller ones left whole, larger ones halved or cut into wedges

100g feta, crumbled
½ cucumber, halved and sliced
1 red onion, finely chopped
100g Kalamata olives, stoned and roughly chopped
small pack mint, leaves picked and roughly chopped
extra virgin olive oil, for drizzling

1 Heat oven to 200C/180C fan/gas 6. Put the lemon slices on a baking sheet lined with baking parchment. Drizzle over ½ tbsp oil and put in the oven on the highest shelf to roast for 15-20 mins, until the lemon has released its natural sugars and the peel has softened and begun to caramelize. Keep an eye on them – you may need to turn the tray so that they cook evenly.

2 Meanwhile, mix together the remaining oil and za'atar in a bowl,

then toss in the pitta and use your hands to coat in the spiced oil. Spread out on a baking tray and roast for 15-20 mins until crisp and golden.

3 About 5 mins before the lemons are ready, wrap the bavette in a foil parcel and put in the oven alongside the pitta bread to warm through.

4 Mix all the other salad ingredients together in a large bowl. Add a drizzle of extra virgin olive oil and season with black pepper and a little sea salt (the olives and feta will add salt so you shouldn't need much).

5 Add the lemons, spiced pitta and warmed bavette. Mix everything together with your hands, then divide between plates or serve sharing-style on a large platter.

BENEFITS calcium • folate • vit c • iron • 2 of 5-a-day
PER SERVING 444 kcals • fat 24g • saturates 8g •
carbs 29g • sugars 9g • fibre 5g • protein 24g • salt 1.9g

Turn the page for another recipe to use up your leftovers ▶



Cookery assistant Sophie Godwin, who trained at Leiths, worked as a chef in Sheffield before she joined Good Food. She is passionate

about cooking with the seasons and loves creating big sharing dishes.

‘When I was younger, my knowledge of the different cuts of meat was limited to what was on the supermarket shelves and what we cooked at home,’ she says. ‘Training at Leiths taught me all about the world of butchery, in particular cheaper cuts of meat, and I now cook them regularly.’

‘I especially like bavette – also called flank or skirt. It really benefits from fast cooking over a high heat, and is at its most flavoursome when medium-rare. Served pink, the rich texture of bavette has made it a favourite with Europeans, and it’s becoming more popular in Britain now too.’

‘Bavette is great cooked on the barbecue as the outside becomes nice and charred – the smokiness enhances the richness of the meat. As our weather can be unpredictable, I have added a contingency plan for cooking indoors. Even so, if you shut your eyes, the punchy chimichurri might just transport you to Argentina.’

Curried aubergine with bavette

Creamy coconut and lightly spiced aubergine work wonderfully with the bavette. Feel free to swap the naan for rice or even poppadums.

SERVES 4 PREP 10 mins
COOK 25 mins EASY

2 tbsp vegetable oil
2 banana shallots, thinly sliced
2 garlic cloves, finely chopped
2 tsp coriander seeds
2 tsp cumin seeds
1 tsp turmeric
2 tsp garam masala
2 aubergines, cut into small cubes
60g creamed coconut
2 naan breads
10g butter

300g leftover bavette, thinly sliced
50g flaked almonds, toasted
50g pomegranate seeds
natural yogurt and mango chutney, to serve (optional)

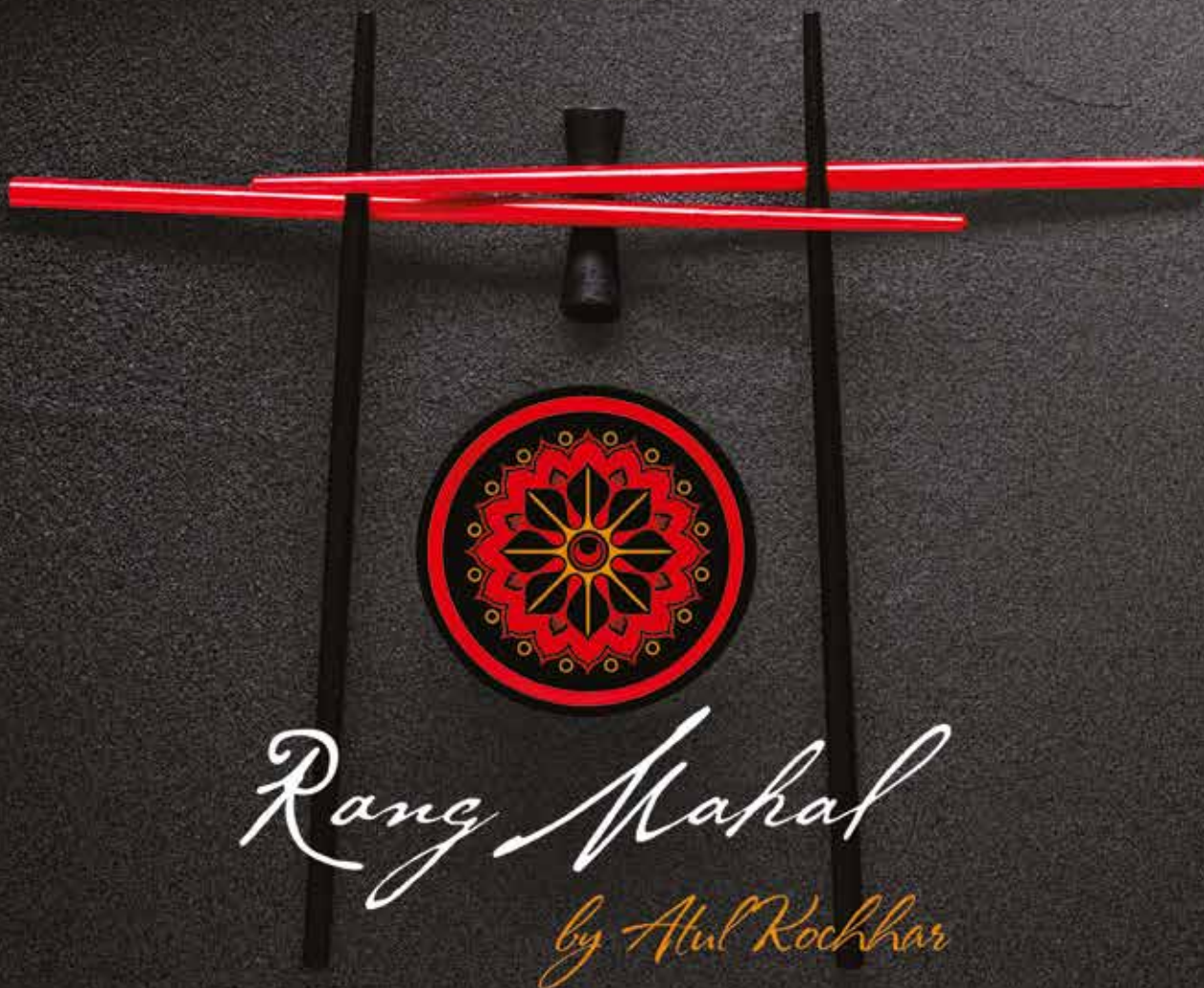
1 Heat the oil in a sauté pan with a lid over a medium heat. Add the shallots and cook for 8 mins, stirring occasionally, until softened. Stir in the garlic and cook for 1 min more, then add the spices. Cook for a further 30 secs until fragrant.
2 Tip in the aubergine and give everything a good stir to coat in the spice mix. Add the creamed coconut, a pinch of salt and 500ml boiling water. Break down the creamed coconut with the back of a wooden spoon, then put the lid

on and cook for 15 mins until the aubergine is tender.

3 Meanwhile, heat oven to 180C/160C fan/gas 4. Dot the butter over the naans, wrap the leftover bavette in a foil parcel, then put them both on a large baking tray to warm through for 5 mins. Tear the naans into pieces.

4 Taste the aubergine for seasoning, then pile up the bavette in the middle of the curry. Sprinkle over the almonds, pomegranate seeds, and a dollop of yogurt and mango chutney, if using. Serve from the pan in the middle of the table with the naan on the side for scooping.

BENEFITS folate • fibre • iron • 1 of 5-a-day
PER SERVING 630 kcs • fat 41g • saturates 16g •
carbs 29g • sugars 10g • fibre 8g • protein 32g • salt 0.5g



Rang Mahal
by Atul Kochhar

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DINNER DASH

Go with the grain

A pouch of cooked grains and a few simple ingredients – all you need for a quick meal

recipes CHELSIE COLLINS photographs MIKE ENGLISH

Veggie chilli

SERVES 2

Heat oven to 200C/180C fan/gas 6. Cook the vegetables in a casserole dish for 15 mins. Tip in the beans and tomatoes, season, and cook for another 10-15 mins until piping hot.

Heat the pouch in the microwave on High for 1 min and serve with the chilli.

BENEFITS vegan • fibre • vit c • 4 of 5-a-day
PER SERVING 608 kcs • fat 14g • saturates 2g • carbs 88g • sugars 30g • fibre 21g • protein 22g • salt 2.4g



400g pack
oven-roasted
vegetables

+



1 can kidney
beans in chilli
sauce

+

=



1 can chopped
tomatoes

+



1 ready-to-eat mixed
grain pouch



Summery stuffed squash

SERVES 2

Heat oven to 200C/180C fan/gas 6. Halve the squash and scoop out the seeds. Put in a microwaveable bowl, cover and microwave on High for 20 mins until softening.

Scoop out the flesh with a spoon, reserving the skin, and mix with the remaining ingredients. Spoon back into the skin and transfer to a baking tray. Cook for a further 10-15 mins until tender and the cheese has melted.

BENEFITS vegetarian • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 480 kcs • fat 18g • saturates 3g • carbs 55g • sugars 11g • fibre 14g • protein 16g • salt 2.3g



1 small
butternut
squash

+



100g
artichokes
from a jar

+

=



100g mozzarella
& sundried
tomato pot

+



1 ready-to-eat
grain & chickpea
pouch



Beetroot, feta & grain salad

SERVES 2

Put all the ingredients in a large bowl and toss together with some seasoning. The oil in the feta will create a dressing for the salad.

BENEFITS vegetarian • folate • fibre • 2 of 5-a-day
PER SERVING 509 kcs • fat 21g • saturates 8g • carbs 59g • sugars 24g • fibre 10g • protein 17g • salt 2.3g



110g bag
mixed leaves

+



100g marinated
feta

+

=



400g tub
beetroot salad

+



1 ready-to-eat mixed
grain pouch






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On-trend breakfasts

New dishes to wake up your tastebuds – we've given
four breakfast favourites a modern twist

recipes CHELSIE COLLINS *photographs* TOM REGESTER



Ricotta strawberry French toast

SERVES 2 PREP 10 mins
COOK 20 mins EASY

1 large egg, beaten
300ml milk
1 tsp vanilla extract
4 slices thick-cut white bread
2 tbsp butter
50g ricotta
2 tbsp honey
100g strawberries, some sliced, some halved
2 mint sprigs, leaves picked

1 In a wide dish, whisk the egg, milk and vanilla together. Coat one side of the bread slices in the liquid, then carefully flip them over and leave them to soak for 1-2 mins.

2 Melt 1 tbsp of the butter in a large non-stick pan over a medium heat and add two slices of bread. Cook for 5 mins or until golden, then turn to cook the other side for another 5 mins. Transfer to a plate and



cook the other two slices in the rest of the butter.

3 Halve the toast on the diagonal and spread each slice with the ricotta. Drizzle over the honey and a pinch of flaky sea salt, and arrange some sliced strawberries in a fan across the toast. Decorate the plate with the halved strawberries and mint.

BENEFITS vegetarian • calcium • folate • fibre • vit c
PER SERVING 540 kcals • fat 21g • saturates 12g • carbs 64g • sugars 29g • fibre 4g • protein 19g • salt 1.5g

Marmite eggs Benedict with waffles

You'll need a waffle maker for these – try lakeland.co.uk.

SERVES 2 PREP 15 mins
COOK 10 mins EASY

5 large eggs, 1 separated
75g plain flour
pinch of bicarbonate of soda
½ tsp butter, melted
150ml full-fat milk
50g cheddar, grated
100g hollandaise sauce
2 tsp Marmite
handful chives, snipped

1 Heat the waffle maker following manufacturer's instructions. Whisk 1 egg white to stiff peaks. In a separate bowl, combine the flour, bicarb and ½ tsp salt. Add the egg yolk, melted butter and milk, and whisk to a smooth, thick batter. Stir in the cheese, then carefully fold in the egg white.

2 Heat oven to 180C/160C fan/gas 4. Use a ladle to pour the batter into the waffle maker



and cook for 5 mins. Put the waffles on a baking tray in the oven for 5 mins to keep warm.

3 Meanwhile, poach the remaining eggs on a low heat for 3 mins for runny yolks.

4 Heat the hollandaise sauce following pack instructions and stir through the Marmite. Top the waffles with two poached eggs, the hollandaise and chives.

BENEFITS vegetarian • calcium • folate
PER SERVING 639 kcals • fat 40g • saturates 21g • carbs 37g • sugars 6g • fibre 2g • protein 33g • salt 3.9g

Matcha breakfast bowl

SERVES 2 PREP 15 mins
NO COOK

300g natural yogurt
1 tbsp matcha powder
2 tsp maple syrup
1 kiwi, sliced
1 peach, sliced
100g blueberries
20g coconut flakes, toasted

Mix the yogurt with the matcha and maple syrup, and divide between two bowls. Top with the kiwi, peach and blueberries. Sprinkle over the coconut flakes just before serving.

BENEFITS vegetarian • calcium • vit c • 2 of 5-a-day • gluten free
PER SERVING 261 kcals • fat 11g • saturates 8g • carbs 27g • sugars 26g • fibre 5g • protein 10g • salt 0.3g



Soft-boiled eggs with pancetta avocado soldiers

SERVES 2 PREP 10 mins
COOK 5 mins EASY

4 eggs
1 tbsp vegetable oil
1 ripe avocado, cut into slices
100g smoked pancetta rashers

1 Bring a large saucepan of salted water to the boil. Carefully drop the eggs into the water and boil for 5 mins for runny yolks.

2 Meanwhile, heat the oil in a non-stick pan and wrap each avocado slice in pancetta. Fry for 2-3 mins over a high heat until cooked and crisp.



3 Serve the eggs in egg cups with the pancetta avocado soldiers on the side for dipping.

BENEFITS 1 of 5-a-day • gluten free
PER SERVING 517 kcals • fat 46g • saturates 14g • carbs 1g • sugars none • fibre 2g • protein 22g • salt 1.8g



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Make it easy

Ten new midweek meals

recipes CHARLIE CLAPP photographs MIKE ENGLISH

Watermelon & spinach super salad

SERVES 2 **PREP** 10 mins

COOK 20 mins **EASY**

100g quinoa
2 tbsp pumpkin seeds
½ small watermelon, skin and seeds removed, cut into chunks
80g baby spinach
1 ripe avocado, peeled and sliced
½ small pack mint, finely chopped
50g feta, crumbled
juice 1 lime
1 punnet salad cress

1 Rinse the quinoa, then put it in a pan with a fitted lid and cover with 200ml water. Cook, covered, over a medium heat for 15 mins or until fluffy and the water has been absorbed. Don't worry if it catches on the bottom a little. Fork through to separate the grains, then leave to cool.

2 Meanwhile, heat a frying pan over a medium heat and toast the pumpkin seeds for 1 min or until they start to pop. Tip into a serving bowl or on a platter with the watermelon, spinach, avocado, mint and feta. Toss through the quinoa, then squeeze over the lime juice with a pinch of seasoning. Top with the cress and serve.

BENEFITS vegetarian • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 507 kcs • fat 25g • saturates 7g • carbs 48g • sugars 18g • fibre 8g • protein 19g • salt 0.8g



3 of your 5-a-day



On the table in 15 mins



Ultimate chorizo ciabatta

SERVES 2 **PREP** 5 mins

COOK 10 mins **EASY**

1 large or 2 small ciabattas
150g pack cooking chorizo, halved lengthways
75g pesto
200g roasted red peppers from a jar
handful rocket

1 Heat oven to 180C/160C fan/gas 4 and put the ciabatta in to warm up. Put a griddle pan over a medium heat and cook the chorizo for 5 mins each side or until charred and cooked through.

2 Open up the warmed ciabatta and spread the pesto on the bottom. Layer with the red peppers, then the warm chorizo. Scatter over the rocket, sandwich the ciabatta together, cut in two and serve.

BENEFITS calcium • fibre • 1 of 5-a-day

PER SERVING 867 kcal • fat 46g • saturates 12g • carbs 74g • sugars 6g • fibre 6g • protein 37g • salt 4.6g

Crunchy bulghar salad

SERVES 4 **PREP** 10 mins

COOK 15 mins **EASY**

200g bulghar wheat
150g frozen podded edamame (soya) beans
2 Romano peppers, sliced into rounds, seeds removed
150g radishes, finely sliced
75g whole blanched almonds
small bunch mint, finely chopped
small bunch parsley, finely chopped
2 oranges
3 tbsp extra virgin olive oil

1 Cook the bulghar following pack instructions, then drain and tip into a large serving bowl to cool. Meanwhile, put the edamame beans in a small bowl, pour over boiling water, leave for 1 min, then drain. Put in a serving bowl with the peppers, radishes, almonds, mint and parsley.

2 Peel one orange, carefully cut away the segments and add to the bowl. Squeeze the juice of the other into a jam jar with the oil. Season well and shake to emulsify. Pour over the salad, toss well and serve.

BENEFITS vegan • low cal • folate • fibre • vit c • iron •
2 of 5-a-day • good for you • gluten free
PER SERVING 483 kcaIs • fat 22g • saturates 2g •
carbs 50g • sugars 11g • fibre 9g • protein 17g •
salt none

Vegan supper



Sweet potato & shallot quesadillas

SERVES 2 **PREP** 15 mins
COOK 20 mins **EASY**

4 small or 2 large sweet potatoes
1 tbsp olive oil
4 banana shallots, finely sliced
into rounds
200g frozen broad beans
4 corn tortillas
60g Edam, coarsely grated

1 Prick the potatoes all over with a fork, then put in a microwaveable bowl, cover and microwave on high for 10 mins or until soft in the centre. Meanwhile, heat the oil in a frying pan over a medium heat, add the shallots and cook, stirring often, for 10 mins or until soft and beginning to brown. Remove and set aside.

2 Cook the broad beans in a pan of boiling salted water for 3 mins, then drain and run under cold water. Pop half out of their pale thicker skins and leave the rest.

3 To assemble, put a tortilla in the same frying pan you used for the shallots, over a medium heat. Scatter over a quarter of the cheese, then squeeze over half the potatoes, skin included, sprinkle over half the onions and broad beans, and finish with another quarter of the cheese. Season well, then put a second tortilla on top.

4 Leave to cook and heat through for 2 mins, then flip over to cook the other side for another 2 mins. Tip out onto a board and repeat with the remaining ingredients. Slice and serve.

BENEFITS vegetarian • calcium • folate • fibre • vit c • iron • 2 of 5-a-day

PER SERVING 669 kcal • fat 17g • saturates 6g • carbs 94g • sugars 28g • fibre 20g • protein 24g • salt 1.1g

Fun veggie meal



Summer chicken stew

SERVES 4 **PREP 10 mins**
COOK 55 mins **EASY**

2 tbsp olive oil
 500g leeks, finely sliced
 2 plump garlic cloves, finely sliced
 2 thyme sprigs, leaves picked
 8 chicken thighs, skinless and boneless
 500g new potatoes, larger ones quartered, smaller ones halved
 350ml chicken stock
 200g green beans
 350g frozen petit pois
 lemon wedges, to serve

1 Heat the oil in a large casserole dish over a medium heat. Add the leeks, garlic and thyme, cover and cook gently for 10 mins, stirring occasionally. Season the chicken and tip into the dish with the potatoes.

2 Turn up the heat, pour in the stock and bring to a simmer. Reduce the heat and allow to gently bubble with the lid on for 35 mins. Add the green beans and peas for the final 10 mins of cooking. Season to taste, then ladle into bowls or lipped plates with a squeeze of lemon.

BENEFITS low cal • folate • fibre • vit c • iron •
 2 of 5-a-day • good for you
PER SERVING 436 kcals • fat 15g • saturates 3g •
 carbs 33g • sugars 10g • fibre 13g • protein 36g •
 salt 0.3g



Dairy-free one-pot



Crowd-pleaser

Easy meatloaf with spaghetti & tomato sauce

SERVES 6 **PREP 15 mins**
COOK 50 mins **EASY**

2 tbsp olive oil, plus extra for greasing and drizzling
 2 onions, finely chopped
 500g pork mince
 1 large egg
 75g fresh breadcrumbs
 15 sage leaves, roughly chopped
 100g feta, crumbled
 3 bay leaves, 1 finely chopped
 680g jar passata
 600g spaghetti

1 Heat oven to 180C/160 fan/gas 4 and grease an ovenproof dish. Heat the oil in a large frying pan over a medium heat, add the onions, sizzle for 5 mins, then remove half and put in a large bowl with the mince, egg, breadcrumbs, sage, feta

and chopped bay. Season well and mix. Shape into a long sausage shape and transfer to the greased dish. Put the remaining bay leaves on top, drizzle with a little more oil and put in the oven for 40-45 mins until cooked through.

2 Meanwhile, keep the remaining onions on a low heat in the pan. Cook for 2 mins, then increase the heat and pour in the passata with 70ml water. Bubble for 30 mins on a low heat, stirring often, or until the meatloaf is ready to come out of the oven. Season to taste.

3 Cook the spaghetti following pack instructions. When everything is ready, toss the spaghetti in the tomato sauce, slice the meatloaf and let everyone help themselves.

BENEFITS freezable (meatloaf only) • fibre •
 2 of 5-a-day
PER SERVING 641 kcals • fat 18g • saturates 6g •
 carbs 83g • sugars 10g • fibre 6g • protein 34g •
 salt 0.8g

Halloumi with lemony lentils, chickpeas & beets

SERVES 4 **PREP** 15 mins
COOK 30 mins **EASY**

200g Puy lentils
2 lemons
1 red onion, finely sliced
3 tbsp extra virgin olive oil
3 tbsp capers, very roughly chopped
400g can chickpeas, drained and rinsed
250g cooked beetroot, cut into matchsticks

½ small pack parsley, roughly chopped
250g pack halloumi, cut into 8 slices

1 Cook the lentils in a pan of boiling water for 20-25 mins or until just done. Meanwhile, squeeze the juice from one lemon into a bowl. Add the onion and scrunch together with a pinch of salt to pickle slightly. Set aside.

2 Finely zest the remaining lemon and set aside for the halloumi. Squeeze the juice into a jam jar or jug. Add the oil with a pinch of seasoning and the capers – shake

well and set aside. When the lentils are ready, drain and tip into a large serving bowl with the chickpeas. Toss with the dressing straight away, then toss through the beets, parsley, pickled onions and their juice.

3 Heat a frying pan over a medium heat and fry the halloumi for 1-2 mins each side or until golden brown. Toss with the lemon zest, then place on top of your salad to serve.

BENEFITS vegetarian • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 559 kcs • fat 26g • saturates 12g • carbs 42g • sugars 9g • fibre 12g • protein 33g • salt 2.5g

Use up storecupboard ingredients



Recipe for one

Fragrant crab cakes

SERVES 1 **PREP** 15 mins
COOK 25 mins **EASY**

1 potato (about 150g), cut into quarters
2 lemongrass stalks, outer leaves removed, roughly chopped
small pack coriander, $\frac{1}{2}$ the leaves picked to serve
1 red chilli
170g can white crabmeat, drained
1 tbsp vegetable oil
1 tbsp sesame oil
juice $\frac{1}{2}$ lime, remaining $\frac{1}{2}$ cut into wedges to serve
 $\frac{1}{2}$ cucumber, peeled into ribbons
large handful rocket

1 In a small saucepan of boiling salted water, cook the potato for 15 mins or until soft. Drain, leave to steam-dry with the lid off, then mash.
2 Meanwhile, put the lemongrass in a food processor with the coriander and chilli, and blitz to a rough paste. Put this in a large bowl with the crabmeat and cooled mashed potato. Season well and form into three large flattened cakes.
3 Heat the vegetable oil in a non-stick frying pan over a medium heat. Fry the cakes for 4 mins each side or until golden and piping hot.
4 Meanwhile, mix the sesame oil and lime juice in a bowl, seasoning to taste. Toss the cucumber ribbons and rocket through the dressing and serve on the side of the crab cakes with the lime wedges.

BENEFITS 2 of 5-a-day • good for you • gluten free
PER SERVING 453 kcals • fat 24g • saturates 3g • carbs 29g • sugars 4g • fibre 5g • protein 28g • salt 1.7g



One-pan curry

Keralan hake curry

SERVES 4 **PREP** 10 mins
COOK 55 mins **EASY**

1 tbsp groundnut oil
1 onion, finely sliced
small bunch coriander, leaves picked, stalks finely chopped
1 thumb-sized piece ginger, peeled and cut into matchsticks
2 peppers (we used red and yellow)
2 tsp fenugreek seeds
2 tsp brown mustard seeds
200g cherry tomatoes
400g can coconut milk
4 x 150g hake fillets
rice or naan, to serve

1 Heat oven to 200C/180C fan/gas 6. Heat the oil in a shallow casserole dish (or ovenproof frying pan with a lid) over a medium heat. Add the onion, coriander stalks, ginger and peppers, and cook gently with the lid on for 15 mins until softened and beginning to brown. Turn up the heat, stir through the spices and cook for 1 min more until aromatic.
2 Tip in the tomatoes and pour in the coconut milk. Bring to a bubble, then put in the oven with the lid on for 20 mins. Remove from the oven and nestle the hake on the sauce. Return to the oven, uncovered, for a further 10-15 mins or until the hake is cooked through. Season to taste, scatter with the coriander leaves and serve with rice or naan to mop up the sauce.

BENEFITS folate • vit c • 2 of 5-a-day • gluten free
PER SERVING 395 kcals • fat 24g • saturates 16g • carbs 12g • sugars 10g • fibre 4g • protein 31g • salt 0.4g



Easy midweek dessert

Warm cherry & brown sugar compote

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY**

390g jar cherries in kirsch
2 tbsp dark brown sugar
4 big scoops of vanilla ice cream
50g amaretti biscuits

1 Tip the cherries and sugar into a small saucepan. Bring to a simmer over a medium heat, stirring, and allow to bubble for 10 mins. Leave to cool slightly.
2 Scoop the ice cream into four bowls and pour over the warm compote. Crumble over the amaretti and serve.

PER SERVING 225 kcals • fat 5g • saturates 3g • carbs 42g • sugars 25g • fibre none • protein 2g • salt 0.4g

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MODERN FAMILY

A taste of the sun



Even though school is back in session, here are three dishes to keep you and your children in the holiday spirit

recipes CASSIE BEST *photographs* TOM REGISTER

Cooking dishes from different cuisines is a great way to explore new tastes and broaden your child's horizons. These recipes are designed to be cooked by adults, but there's plenty the kids can help with – plus, if they've been involved, they're more likely to try the food. Ask them to snip herbs with scissors, make the pitta breads and scrub the mussels.

By Lily Barclay





Seafood fideuà paella



Seafood fideuà paella

This Valencian speciality (pronounced feed-e-wah) is a paella with a

difference. Instead of rice, it uses short, thin pieces of pasta called fideo. You'll find it in Spanish supermarkets, or use vermicelli instead.

The timings can vary depending on the depth of your pan, so keep an eye on it and adjust the heat accordingly. You should be left with perfectly cooked pasta and seafood, a little stock and, if you're lucky, a sticky golden crust on the bottom of the pan.

SERVES 4-6 PREP 35 mins
COOK 25 mins EASY

400g mussels, cleaned
8 large prawns, in their shells
2 good pinches of saffron
350g vermicelli pasta, or Spanish fideo pasta if you can find it
5 tbsp olive oil
1 large onion, finely chopped
3 garlic cloves, crushed
2 tsp smoked paprika
1 monkfish tail, cut into 2-3cm chunks
1 large squid, or 4 baby squid (about 400g), cleaned and cut into rings (keep the tentacles)
650ml hot good-quality fish stock
2 large tomatoes, chopped into small pieces
juice 1 large lemon, plus 1 lemon cut into wedges to serve
small bunch parsley, chopped

1 Boil the kettle. Empty the mussels into a colander and run under cold water. Throw away any with broken shells. Pick through the shells, tapping each one on the side of the sink – they should be closed or should slowly close when tapped – if they stay open, throw them away. If any of the shells still have barnacles or stringy beards attached, pull them off with a cutlery knife and rinse the shells well. Keep in the colander, covered with a cold, damp cloth, until you're ready to cook. Peel the prawn shells on the body section only – leave the heads and tails intact. Score down the backs and pull out any gritty entrails. Chill until you're ready to cook.

2 Put the saffron in a small cup, cover with 50ml kettle-hot water and set aside for 10 mins. If using vermicelli, put in a bowl and crush to little pieces (about 1cm long) with your hands.

3 Heat the oil in a large frying pan with at least a 3cm lip, or a 40cm paella pan. Add the onion and stir around the pan for 5 mins until soft. Add the garlic and cook for 1 min more, then tip in the vermicelli and cook for 5 mins, stirring from time to time, until the vermicelli is toasted brown. Stir in the paprika.

4 Keeping the heat moderate, stir through the monkfish, squid and saffron with its water, seasoning well. Spread the ingredients out in an even layer, then pour over the hot stock and scatter the tomatoes on top. Bring to a simmer, then cover the whole dish with a tight-fitting lid (or foil). Turn the heat to medium and cook for 6 mins.

5 Uncover and stir to incorporate the dry top layer of pasta. Push the mussels into the pasta so the hinges are buried in the bottom of the dish, and they stand straight up. Arrange the prawns on top, cover tightly and cook for another 6 mins or until the mussels are open, the prawns are pink and the pasta is cooked through. Leave to simmer for another 2-3 mins to cook off most of the remaining liquid (leave a little in the pan to prevent the pasta from sticking together). Allow to sit for 2-3 mins, then squeeze over the lemon juice and arrange the wedges on top. Scatter with parsley before serving.

BENEFITS low fat • low cal • vit c • 1 of 5-a-day • good for you

PER SERVING (6) 488 kcals • fat 12g • saturates 2g • carbs 49g • sugars 5g • fibre 2g • protein 44g • salt 0.9g



Paella is served widely in Spain, but originally comes from Valencia on the south-east coast. There are many variations on the basic recipe, however most are made with rice and either seafood or meat – although mixed versions are popular. If your family likes seafood, look out for black squid-ink paella called *arroz negro*.





Chicken gyros

Marinate the chicken for as long as possible – this will make it more tender and flavoursome.

SERVES 4 PREP 45 mins plus at least 3 hrs marinating COOK 40 mins EASY

12 boneless, skinless chicken thighs

For the marinade

4 tbsp olive oil

2 tsp dried oregano

1 tsp dried mint

1 tsp each ground cumin, coriander and sweet paprika

½ tsp ground cinnamon

zest and juice 1 lemon, plus 1 lemon cut into wedges to serve

4 garlic cloves, crushed

For the pitta wraps

250g strong white bread flour

7g sachet fast-action dried yeast

1 tsp golden caster sugar

2 tsp olive oil, plus a little for greasing

For the tzatziki

½ cucumber

200g Greek yogurt

small bunch mint, finely chopped

1 small garlic glove, crushed

juice ½ lemon

To serve

1 butter or round lettuce

4 large tomatoes, seeds removed, chopped

1 red onion, halved and thinly sliced

You will need

4 long metal skewers

1 Tip the chicken into a large bowl and add the marinade ingredients, along with 1 tsp salt and plenty of black pepper. Mix well, ensuring each thigh is well coated. Cover and chill for at least 3 hrs, or up to 48 hrs if you have time.

2 A few hours before you want to eat, make the pitta. In a bowl, mix the flour, yeast, sugar and ½ tsp salt with your fingertips. Add 150ml lukewarm water and 2 tsp olive oil, and combine to a dough. Tip onto a work surface and knead for 8-10 mins (or use a tabletop mixer for 5 mins). Clean, then lightly oil your bowl, return the dough and cover loosely with cling film. Leave to rise for 1 hr or until nearly doubled in size.

3 Divide the dough into four equal pieces. Roll out to circles, as thin as you can. Cover with sheets of oiled cling film and leave to rise for 15-20 mins.

4 To make the tzatziki, halve the cucumber lengthways and scoop out the seeds. Finely chop, then combine with the remaining ingredients, along with a pinch of salt. Chill until ready to serve.

5 Heat the grill to its highest setting. Line a roasting tin with foil and find 4 metal skewers long enough to sit across the top with a little space underneath. Remove the chicken from the fridge, take one thigh and thread it over 2 skewers, so it has a skewer through either side. Thread another piece of chicken on top, leaving a slight gap between each piece; you should fit 6 thighs on each pair of skewers. Position the skewers on top of the roasting tin and set aside while you finish the pittas.

6 Heat a large frying pan (or two if you have them) over a medium-high heat and brush the breads with oil. Gently lift one into the pan. It should sizzle, and bubbles should appear on the surface after 1-2 mins. When the underside is golden, flip it and cook for another 2-3 mins. Continue until all the breads are cooked, wrapping them in foil as you go. Keep the bread warm in the bottom of the oven while you cook the chicken. Alternatively, cook on the barbecue for 5-8 mins, turning occasionally.

7 Put the chicken under the hot grill and cook for 15-20 mins, brushing with oil and any juices from the bottom of the tin regularly, and turning halfway through cooking. Once cooked, remove from the oven and rest for 5 mins.

8 Cut through each pair of skewers to make four kebabs and serve in the warm bread, with lettuce, tomato, red onion, lemon wedges and tzatziki.

BENEFITS folate

PER SERVING 707 kcs • fat 34g • saturates 9g • carbs 52g • sugars 4g • fibre 4g • protein 46g • salt 2.3g



Gyro is a popular fast food choice in Greece.

Skewers of marinated meat are cooked over an open fire – it can be lamb, pork and chicken.

The accompaniments are usually tomatoes, red onion and tzatziki wrapped in soft pitta bread. In some tavernas, they serve chips stuffed inside the pitta too.



Steak haché with pommes frites & cheat's Béarnaise sauce

This classic French dish is found in almost every brasserie and bistro in France. Kids will love it, and it's easy to create together at home.

SERVES 4 **PREP** 35 mins plus cooling and chilling **COOK** 45 mins **EASY**

For the steak and sauce

1 tbsp vegetable oil
4 shallots, very finely chopped
600g freshly ground beef (ask the butcher for something with roughly 15% fat – we used chuck)
8 thyme sprigs, leaves picked and chopped
2 tsp Dijon mustard
2 tbsp plain flour
200ml crème fraîche
1 egg yolk
6 tarragon sprigs, leaves picked and finely chopped
dressed green salad, to serve

For the pommes frites

4 large baking potatoes (such as Maris Piper or Russet), peeled
2 tbsp vegetable oil

1 Heat the oil in a pan and add about $\frac{3}{4}$ of the shallots. Cook for 5–10 mins, stirring occasionally, until soft and starting to caramelize in places. Set aside to cool.

2 In a large bowl, combine the beef, thyme, 1 tsp Dijon and the cooled shallots. Season with black pepper but not salt at this stage (this can cause the meat to dry out). Shape into four patties and dust with flour. Put on a plate, cover with cling film and chill for at least 30 mins (or up to 2 hrs).

3 Meanwhile, prepare the frites. Slice the potatoes into skinny chips, tipping into a large bowl of cold water as you go. Drain, then transfer to a large pan and cover with fresh water, seasoning with salt. Bring to a fast simmer, boil for 1 min, then drain well. Tip the chips onto a clean tea towel or some kitchen paper, spread in a single layer so they dry and cool quickly. Heat oven to 200C/180C fan/gas 6.

4 Tip the chips into a bowl with the vegetable oil and 1 tsp salt. Toss to coat, then spread out over two large baking trays. Cook for 45 mins or until crisp and golden.

5 When the chips are about 15 mins from being cooked, heat a large frying pan with a drizzle of oil. Season the patties with salt on both sides and

cook for 3–4 mins each side, or until they have a dark brown crust but are still slightly pink inside (or cook them for a little longer if you'd prefer them well done). Transfer to a plate, cover with foil and set aside to keep warm while you make the sauce.

6 Return the pan to the heat and tip in the remaining shallots. Fry for 1–2 mins to soften, then remove the pan from the heat and stir in the crème fraîche, remaining Dijon, the egg yolk and tarragon, as well as any resting juices from the beef patties. Season well. Serve the steak with the pommes frites and a green salad, with the Béarnaise sauce on the side.

BENEFITS folate

PER SERVING 816 kcals • fat 55g • saturates 25g • carbs 42g • sugars 3g • fibre 4g • protein 36g • salt 1.9g

Steak haché is a version of burger & chips minus the bun. Ask your butcher to mince the beef on the day you want to make it, so it's fresh. It is often served rare in restaurants in France, so if you'd prefer it cooked through, ask for it 'fait bien cuit'.

Pommes frites are skinny chips and usually fried – however, here they're baked, so the children can help to cook them. If your kids like creamy sauces, encourage them to try the classic Béarnaise, flavoured with the beef juices and tarragon.



Have you voted for your favourite Afternoon tea?
www.bbcgoodfoodme.com/awards/2016

THE PERFECT AFTERNOON TEA

Al Bayt's innovative and unique approach to tea, makes it a must-visit destination

The first thing you notice when visiting Al Bayt, at The Palace Downtown Dubai is its incredible Arabian architecture. Situated just off the lobby of the hotel, Al Bayt is decorated with exquisite candles and eclectic lanterns. These extend on to the restaurant's balcony, which offers some of the best views of the Burj Khalifa in Dubai. It's the perfect place to enjoy a leisurely afternoon tea to the sound of live, uplifting music.

Here's a rundown of some of our favourite things about afternoon tea at Al Bayt:

Tea Stands

Few of life's luxuries can match an afternoon tea in palatial surroundings. The restaurant offers two types of tea stands: The Traditional Afternoon Tea and The Palace Arabian Afternoon Tea. Both stands blend Arabian customs with royal English traditions. Expect to be transported back in time to the unhurried pace of living, where every moment was meant to be savoured.



*Dates: Sunday, Monday, Tuesday and Thursday
 Timings: 2pm to 6pm
 Price: AED 160 per person, including afternoon tea stand and unlimited infusions*

Afternoon Tea Festival

Al Bayt's Afternoon Tea Festival includes an innovative afternoon tea buffet spread, which boasts a new theme each month. Along with live violin music, you can expect to find all your favourite afternoon tea delights, including scones with clotted cream and jams, cupcakes, and cheesecake; seafood vol-au-vent, smoked salmon on rye, finger sandwiches and more, served of course, with your choice of tea or coffee.

*Dates: Every Wednesday, Friday and Saturday
 Timings: 2pm to 6pm,
 Price: AED 160 per person, including afternoon tea buffet and unlimited infusions*

The Tea Bar

Perhaps one of the best aspects of the restaurant is its incredible Tea Bar. Here you can relish an entirely new dimension of tea and coffee appreciation, courtesy of the restaurant's passionate tea sommelier and expert coffee barista. At the Tea Bar you can enjoy a journey of aroma and inventive infusions, with the tea sommelier as your enthusiastic guide, while the barista combines artistry and flavour.



SOME OTHER UNIQUE OFFERINGS YOU MUST TRY...

The Palace Cappuccino

A magnificent new creation, The Palace Cappuccino is a caffeine art form that rises to a new level. Thick, luxurious foam is sprinkled with 22 carat gold dust for a truly indulgent treat, while a palette of macaroons, including lavender, rose and pistachio, sit deliciously alongside.
 Price: AED 80

Royal Iced Teas

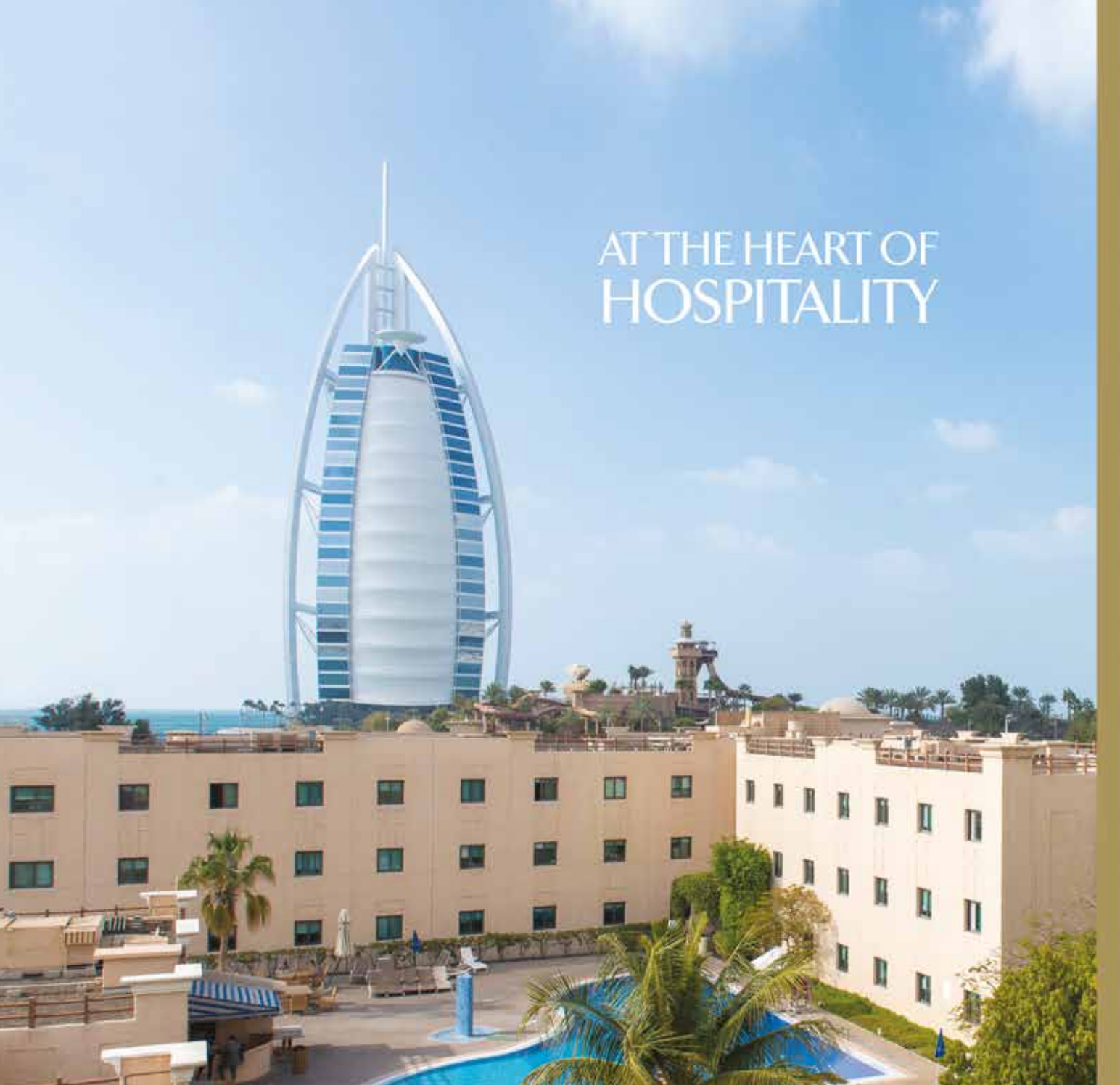
Al Bayt has redefined Iced Tea, curating an exclusive selection which resemble precious gems including Ruby, Tsavorite, Citrine, Imperial Garnet and Amethyst. Both refreshing and perfectly blended, these royal beverages are not to be missed.
 Price: AED 45

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DO IT BETTER

Get kids cooking

Barney Desmazery on why it's important to teach children the kitchen basics

As well as being fun, cooking is one of the most important life skills a child can learn. As long as you take cooking sessions at a child's pace, choose your recipes with care and keep safe, everyone will have a good time!

How cooking helps kids learn

As adults, we forget how much there is to learn from a cooking session. A tactic I was advised to use when teaching my baby daughter about the world was to explain every new sensation she came across; if she stroked fur for the first time we would repeat the word 'soft'.

I now apply this to cooking with kids. Let them pick up, smell, feel and taste small amounts of ingredients. Get them to repeat the name several times to familiarise themselves with it. You will be amazed by the amount of pride the child will take in knowing what that ingredient is the next time they see it. Other benefits that come out of a kitchen session include:

- **Maths** Younger children can count ingredients and older kids can add and subtract using scales. Read out the required measurements and count aloud as you go along.
- **Science** Talk kids through exactly what is happening in the pan or in the oven, and why.
- **Reading and writing** Read labels and basic recipes and get them to write out their own recipes once they have finished. Kids will enjoy keeping a kitchen diary.
- **Geography** Explain where ingredients or dishes originate from and show them on a map.
- **Articulatory** Cooking is full of unfamiliar words that will expand your child's vocabulary.
- **Dexterity** Rather than letting them make unnecessary mess, teach them to hold utensils properly for maximum efficiency.



Keep them interested

Children have short attention spans, so choose recipes that they can taste as they go along and that will provide a result reasonably quickly.

At a recent kids' cookery class, we made pesto, bread and cookies. The recipe the children enjoyed the most was the cookies, as they were ready to be eaten as soon as they were made. While kneading the bread dough was fun for everyone, by the time the bread had risen most of the kids had forgotten about it.

Choose recipes that children are familiar with, or ask them what they like to eat or what they want to cook from a particular book.

Good Food tip...

Small hands can find it hard to grip objects, so give children larger chunks of fruit or vegetables to work with and use lightweight plastic bowls that move around easily.

Create a future chef!

This has become my mission statement for getting kids cooking – teach your child to cook something new every month from the age of eight, then by the time they are 12 they will have mastered 48 recipes and, more importantly, will be confidently grounded in most kitchen skills.

SAFETY FIRST

It's never too early to get children in the kitchen. However, you need to keep kids safe, and many parents worry about what they should allow their child to do.

Fiona Hamilton-Fairley, principal of The Kids' Cookery School in Acton, west London (kidscookeryschool.co.uk), shares her expertise: "We start the kids from three years old. Between the ages of three and five, they love to measure with spoons and get mixing and stirring. By about six years old we would expect them to be able to grate cheese and peel fruit and veg safely. At around seven to eight, we start working with sharp knives, teaching how to use them safely. Then, by nine or ten, kids should be

carrying out major tasks with supervision. If you're not confident about kids using sharp knives, then use a small, round-edged serrated knife, known as a tomato knife."

- Always begin by washing your hands and explain to children why it's important.
- If kids need to stand on a chair to reach the work surface, make sure there is no chance of them slipping. Place a damp cloth under chopping boards to stop them from sliding around.
- If you're cooking with children you don't know well, check whether they have any food allergies.

For great recipes to cook with kids, visit the Big Cook Little Cook page at bbc.co.uk/cbeebies, or planetcook.com

Lunchbox SOS

Stuck in a lunchbox rut? This month Cassie Best, helps a family who are looking for fresh, exciting ideas that can be packed up to take to school and work

Photographs ROB STREETER



Cheese, ham & grape kebabs

If you have very young children, chop off the sharp end of the wooden skewer, or make this into a simple salad and serve it with a fork.

SERVES 1 PREP 10 MINS NO COOK EASY

Using 3 short wooden skewers, thread on 6 mini mozzarella balls (bocconcini), 6 grapes (a combination of red and green looks nice), and 6 cubes of ham. Place in a sealable container or wrap in cling film and pop in a lunchbox.

BENEFITS gluten free

PER SERVING energy 298 kcals • fat 19g • saturates 12g • carbs 2g • sugars 2g • fibre none • protein 30g • salt 2.8g

Nutty cinnamon & yogurt dipper

SERVES 1 PREP 5 MINS NO COOK EASY

I'M STILL HUNGRY!

Add 2 or 3 of these:

- 50g edamame beans (podded for very young children)
- small handful dried apricots or sultanas
- small pot of jelly
- 1 small satsuma
- 1 boiled egg

In a small tub, mix together 100g natural Greek yogurt, 1 tbsp nut butter (try almond or cashew), 1/4 tsp ground cinnamon and 1 tsp honey. Serve with apple wedges (tossed in a little lemon juice to prevent them turning brown), celery or carrot sticks, and mini rice cakes or crackers.

BENEFITS vegetarian • gluten free

PER SERVING energy 250 kcals • fat 18g • saturates 8g • carbs 14g • sugars 10g • fibre none • protein 8g • salt 0.2g

Turkey, bacon & avo mini bagels

SERVES 1 PREP 10 MINS NO COOK EASY

- ½ small, ripe avocado, peeled
- few drops lemon juice
- 2 mini bagels, split in half
- 1 tbsp cranberry sauce
- 50g/2oz sliced cooked turkey or chicken
- 4 slices crispy cooked bacon
- handful baby spinach or rocket leaves

Mash the avocado with the lemon juice and a pinch of salt. Spread 2 bagel halves with cranberry sauce and 2 with avocado. Top the avocado halves with the turkey, bacon and leaves, then sandwich together with the cranberry halves. Wrap in cling film and chill until lunchtime.

BENEFITS 1 of 5 a day

PER SERVING energy 535 kcals • fat 21g • saturates 5g • carbs 58g • sugars 13g • fibre 4g • protein 27g • salt 3.9g

Choc-orange energy boosters

MAKES ABOUT 18 PREP 15 MINS NO COOK EASY

- 100g/4oz pitted Medjool dates
- 100g/4oz pecan nuts
- 50g/2oz pumpkin seeds
- 50g/2oz rolled oats
- 4 tbsp cacao powder or unsweetened cocoa
- 2 heaped tbsp almond butter
- zest and juice 1 orange

Place all the ingredients and 3 tbsp orange juice in a food processor. Blitz until chopped and starting to clump together. If it's a bit dry, add a drop more orange juice. Roll the mixture into walnut-sized balls with lightly oiled hands. Pop 2 or 3 into a lunchbox for a snack. *Keeps in a sealed container for 2 weeks in the fridge.*

PER SERVING energy 99 kcals • fat 6g • saturates 1g • carbs 7g • sugars 4g • fibre 2g • protein 3g • salt none

STILL GOT THE MUNCHIES?

Add some of these:

- 2 plums
- handful of beef jerky
- handful of pretzels
- small bar of dark chocolate
- small smoothie



Pear, nut & blackberry bircher

SERVES 1 **PREP 10 MINS** **PLUS 1 HR**
CHILLING **COOK 2 MINS** **EASY**

Grate 1 small ripe pear (skin, pips and all) and scoop the pulp and any juice on the chopping board into a small sealable container or jam jar with a tight-fitting lid.

Add 4 tbsp rolled oats, 1/4 tsp cinnamon and 100g Greek yogurt or soy yogurt. Stir well. Toast 4-6 macadamia nuts in a dry frying pan for 2 mins. Chop the nuts, then sprinkle over the bircher with a small handful of blackberries and pomegranate seeds. Place in the fridge for at least 1 hr to chill, or overnight, before eating.

BENEFITS vegetarian • fibre • 2 of 5 a day

PER SERVING energy 493 kJ • fat 21g • saturates 7g

• carbs 53g • sugars 19g • fibre 11g • protein 16g • salt 0.1g

Sunshine Cobb salad

SERVES 2 **PREP 20 MINS** **COOK 10 MINS**
EASY

1 large egg

400g can black beans, drained and rinsed

1 red, orange or yellow pepper, deseeded and diced

thumb-sized piece cucumber, diced

8 cherry tomatoes, halved

198g can sweetcorn, drained

150g pack cooked prawns

handful of watercress

For the chilli-lime dressing

1 red chilli, deseeded and finely chopped

zest and juice 1 lime

1 tbsp white wine vinegar

2 tsp clear honey

1 tbsp extra virgin olive or rapeseed oil

1 Bring a small pan of water to the boil. Add the egg and cook for 8 mins. Drain, then run under cold water to cool.

2 To assemble the salad, arrange the remaining ingredients in 2 containers. When the egg is cool, peel and quarter it and divide between the containers too.

3 Mix together the dressing ingredients in a small bowl and transfer to 2 mini jars or containers to take with the salads to work. Dress and toss together just before eating.

BENEFITS low fat • low cal • folate • fibre • vit C • 4 of 5 a day •

good for you • gluten free

PER SERVING energy 463 kJ • fat 11g • saturates 2g

• carbs 55g • sugars 22g • fibre 12g • protein 30g • salt 1.7g



Afternoon pick-me-up smoothie

SERVES 2 (700ML/11/4PTS) **PREP 5 MINS**
NO COOK **EASY**

In a blender, whizz 500ml unsweetened almond milk with 2 tbsp almond butter, 6 prunes, 1 tsp cinnamon and 1 small ripe banana. Transfer to 2 bottles and chill until ready to drink, or pack for lunch on the go. *They will keep in the fridge for 2 days.*

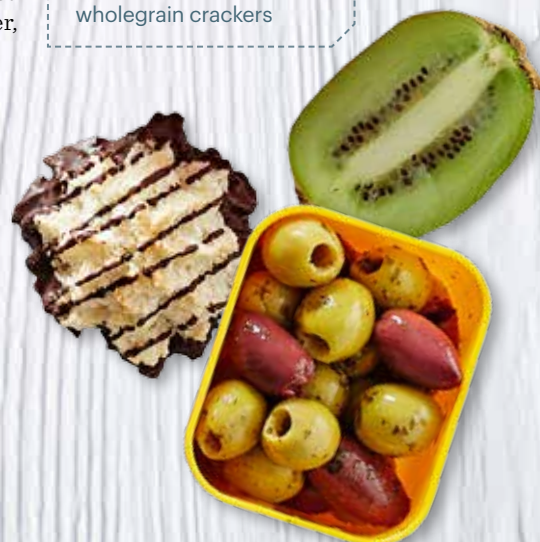
BENEFITS calcium • fibre • 1 of 5 a day • gluten free

PER SERVING energy 250 kJ • fat 11g • saturates 1g •

carbs 29g • sugars 22g • fibre 5g • protein 5g • salt 0.3g

GRAB A SNACK

- 2 slices of fruity malt loaf
- small pot of olives
- 2 kiwi fruits
- coconut macaroon
- cottage cheese with wholegrain crackers





Spicy merguez & couscous pot

SERVES 2 PREP 15 MINS COOK 30 MINS
EASY

drizzle of olive oil
4 merguez sausages (about 250g/9oz)
1/2 preserved lemon, peel only, chopped
1 red onion, chopped
1 fat red chilli, deseeded and finely chopped
1 red pepper, deseeded and chopped
1 tbsp ras el hanout
400g can chopped tomatoes with olives
1 chicken stock cube
handful of coriander, finely chopped
100g/4oz couscous

1 Heat the oil in a pan. Squeeze the sausage meat from the skins and shape into 8 meatballs. Add them to the pan and sizzle on a medium-high heat for 5-10 mins, rolling around the pan, until they are cooked. Set aside.
2 Drain the fat from the pan, leaving 1 tbsp behind. Reduce the heat and add the lemon, onion, chilli and pepper. Stir for 5 mins. Add the ras el hanout and stir for 1 min more.
3 Add the tomatoes and 300ml water, and crumble in the stock cube. Return the meatballs to the pan and simmer, covered with a lid, for 10-15 mins, until the sauce is rich and the veg are tender. Season and stir in the coriander. Transfer to 2 microwavable containers with tight-fitting lids, and chill until you're ready to eat. Weigh 50g couscous into 2 sandwich bags to take to work too.

4 When you're ready to eat, add the couscous to the cold sauce. Stir well and microwave for 3 mins, until the couscous is cooked through.

BENEFITS fibre • vit c • 3 of 5 a day

PER SERVING energy 552 kcs • fat 26g • saturates 10g • carbs 49g • sugars 16g • fibre 7g • protein 27g • salt 3.9g



BIG APPETITE?

Add a few of these:

- small bag of popcorn
- small pot of houmous and homemade pitta chips (find a recipe at bbcgoodfoodme.com)
- banana
- granola bar
- wasabi peas

Courgette & feta muffins

These go really well with the Spicy merguez & couscous pot.

MAKES 9 PREP 15 MINS COOK 20 MINS
EASY

200g/7oz self-raising flour
1 tsp baking powder
1/2 tsp bicarbonate of soda
1/2 tsp cumin seeds
1 large egg
150ml/1/4 pint buttermilk
5 tbsp sunflower oil
1 small courgette (about 140g/5oz) grated and squeezed to remove any liquid
100g/4oz feta, crumbled

1 Heat oven to 200C/180C fan/gas 6 and line 9 holes of a muffin tray with paper cases.

In a bowl, combine the flour, baking powder, bicarbonate of soda, cumin and 1/4 tsp salt.

2 In a jug, whisk together the egg, buttermilk and oil. Pour the wet ingredients into the dry, and add the courgette and half the feta. Stir to just combine, but don't overmix.

3 Divide the mixture between the muffin cases, and top with the remaining feta. Bake for 18-20 mins until golden brown. A skewer inserted to the centre of a muffin should come out clean and dry when the muffins are cooked. Cool on a wire rack. Will keep for 2 days in an airtight container.

BENEFITS vegetarian

PER SERVING energy 178 kcs • fat 9g • saturates 2g • carbs 17g • sugars 7g • fibre 1g • protein 5g • salt 0.9g





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THE REAL PARENTS' GUIDE

Healthier packed lunches

Whether you're heading out on a day trip or planning school lunches, make your life easier with lunch ideas your kids will enjoy, from busy parents Barney Desmazery and Helen Barker-Benfield

Photographs ROB STREETER



"I know how easy it is to get into the rut of packing a simple sandwich and a bag of salty snacks for lunch to keep your kids happy. But it doesn't have to be that way. Maisie and Jack both eat mangoes and prawns, so I combine them into a salad. They enjoy pesto chicken, so that gets turned into a sandwich filling.

I've found that if I use foods and flavours I know my kids already like, they – like most children – will love opening their lunchboxes and, more importantly, will eat the contents." Barney Desmazery, Food editor and dad to Maisie and Jack

"Eva has always been an adventurous eater, but when I'm busy, it's easy to just make the same old things. To combat that, I've had to think of ways to be more inventive.

'She's not keen on sandwiches, so as long as I put a filling in a wrap or serve it with pitta, she's happy. And instead of butter, I use hummous or even reduced salt and sugar ketchup as a spread. I've come up with ideas that will appeal to her and can still be made in a flash."

Helen Barker-Benfield, regular Good Food contributor and mum to Eva



OUR FAIL-SAFE IDEAS FOR LUNCHBOX SUCCESS

- A portion of fruit or veg for kids is based on their handful, not an adult's, so don't overload them with more than they can eat.
- Children go through phases with sandwich fillings. If you're stuck on just one, vary the bread to add interest. Pitta one day, wholemeal or a wrap on other days.
- Let your children write a menu based on which days they have certain things in their packed lunch – if they've been involved in the choice, they're more likely to eat it.
- Try something new once a week as a way to introduce a wider range of food – chicken drumsticks are often a surprise hit, or a hard-boiled egg with a message or a smiley face written on the shell.
- With compulsory cookery coming back on the curriculum, encourage youngsters to make something themselves for their packed lunch. It doesn't have to be a sweet treat either – couscous or pasta salad is easy for kids of all ages to help create, and can be made the night before.

Veggie noodle pot

SERVES 2 PREP 10 mins COOK 10 mins EASY

100g/4oz noodles (rice, soba or egg)
3 tbsp frozen peas
handful sugar snap peas or mangetout, halved lengthways
handful baby corn, halved lengthways
1 spring onion, sliced
½ red pepper, deseeded and chopped
For the dressing
1 tbsp reduced-salt soy sauce
1 tsp clear honey
½ garlic clove, crushed
juice ½ lemon
grating of fresh ginger (optional)

For the omelette

1 tbsp olive oil
splash of milk
2 eggs, beaten

1 To make the omelette, heat the olive oil in a small non-stick frying pan. Add a splash of milk to the beaten eggs, then tip into the pan. Stir once and allow to cook over a gentle heat until almost set. Flip (using a plate if necessary) and cook on the other side until cooked through. Tip onto a board and cut into strips. (You can roll the omelette up and cut slices to give you spirals, if you like.)

2 Cook the noodles following pack instructions. Drain and rinse under cold water, then set aside. Meanwhile, mix the dressing ingredients together. Blanch the peas and sugar snap peas, then drain and run under cold water to stop them cooking any further.

3 To assemble the salad, mix the noodles with the baby corn, spring onion, red pepper and green veg, then toss with the dressing and top with strips of omelette.

BENEFITS vegetarian • low cal • vit C • 2 of 5 a day
PER SERVING 776 kcs • fat 56g • saturates 21g • carbs 16g • sugars 13g • fibre 3g • protein 48g • salt 0.6g



DRESSING THE SALAD

Make the salad the night before, then dress it in the morning before popping into lunchboxes. For older kids, give them the dressing in a little pot to do themselves.

Eva's verdict

"I liked the egg swirls and the long noodles, and it has my favourite vegetables in."



9/10 Eva, seven

Eggs provide the protein in
this veg-packed noodle salad



New idea for a favourite dip



This wrap filling works
just as well in a sandwich



Mix sweet and savoury
ingredients to get fussy kids to
try different foods

Prawn & mango salad

You could add cold cooked pasta to this simple salad to make it more substantial.

SERVES 2 PREP 10 mins NO COOK EASY

½ avocado, peeled and cut into cubes
squeeze of lemon juice
50g/2oz small cooked prawns
1 mango cheek, peeled and cut into cubes
4 cherry tomatoes, halved
finger-sized piece cucumber, chopped
handful baby spinach leaves
couple of mint leaves, very finely shredded
1-2 tsp sweet chilli sauce

Mix the avocado with the lemon juice, then toss with the prawns, mango, tomatoes, cucumber, spinach and mint. Pack into a lunchbox and drizzle over the sweet chilli sauce, then chill until ready to eat.

BENEFITS low cal • folate • vit C • 2 of 5 a day

PER SERVING 168 kcals • protein 6g • carbs 15g • fat 9g • sat fat 2g • fibre 4g • sugar 14g • salt 0.5g

Ideas for your leftover avocado

Wrap the remaining half of avocado tightly in cling film in the fridge and use later in the week, as a spread instead of butter, or chopped up for a sandwich filling.



Pea hummous

Cannellini beans may not be an authentic hummous ingredient, but most children won't notice the difference, and they add good-quality fibre.

SERVES 4 PREP 10 mins NO COOK EASY

200g/7oz cooked peas
1 garlic clove, crushed
1 tbsp tahini
squeeze of lemon
1 tbsp cooked cannellini beans, from a can
2 tbsp olive oil
strips of pitta bread and raw vegetable sticks, to serve

Blitz all the ingredients together using a hand blender or food processor. Add 1-2 tbsp water, then blitz again. Transfer a portion to a pot and add to a lunchbox with pitta bread strips and veg sticks. *Keep the rest chilled for up to 3 days.*

BENEFITS vegetarian • 1 of 5 a day

PER SERVING 133 kcals • protein 5g • carbs 6g • fat 9g • sat fat 1g • fibre 4g • sugar 1g • salt 0.1g

Eva's verdict

"I like to eat frozen peas straight from the freezer, and they make a tasty dip." **7/10 Eva**



Find lots more lunch ideas at
bbcgoodfoodme.com

Chicken pesto wrap

As pine nuts are a seed, they don't tend to affect anyone with a nut allergy, but some schools prefer to be cautious, so check first.

SERVES 2 PREP 10 mins NO COOK EASY

1 cooked chicken breast, shredded
2 tbsp soured cream, plain yogurt or mayo (whatever your child prefers)
2 tsp pesto
2 thin slices mild cheese, such as Edam
2 flour tortillas
handful chopped red pepper or sweetcorn kernels
lettuce leaves

1 Mix together the shredded chicken, soured cream, yogurt or mayonnaise with the pesto. Season.

2 Lay a slice of cheese on each wrap, then divide the chicken mixture between them. Sprinkle with red pepper or sweetcorn, then top with the lettuce leaves. Be careful not to overfill or it will be tricky to contain all the filling. Wrap and roll each one, then pack in a lunchbox or tightly wrap in foil.

BENEFITS calcium • vit C • 1 of 5 a day

PER SERVING 356 kcals • protein 29g • carbs 26g • fat 15g • sat fat 7g • fibre 3g • sugar 4g • salt 1.3g



Maisie's verdict

"I love salads, and prawn & mango is the most interesting." **8/10 Maisie, eight**



Jack's verdict

"I don't like mayonnaise so my daddy made this with yogurt for me." **8/10 Jack, five**





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*Min booking size of AED500, offer valid until 31st Dec 2016



www.chefxchange.com

Nutritious lunchbox!

Asian chicken spiralized salad

SERVES 2 PREP 15 mins NO COOK EASY

1/2 cucumber, spiralized or sliced into ribbons

2 carrots, spiralized or sliced into ribbons

100g bag crisp salad leaves (a mix of radicchio, frisée and round lettuce)

4 spring onions, finely sliced

200g pack roast chicken pieces

2 tsp sesame seeds

For the dressing

2 tbsp sesame oil

1 1/2 tbsp rice wine vinegar

1 1/2 tbsp low-salt soy sauce

1/2 tbsp freshly grated ginger

1 tsp golden caster sugar

Layer the salad ingredients into 2 plastic containers if you're packing to take to work, or put them in a large bowl. Make the dressing by combining all the ingredients in a jar with a lid, add some seasoning and shake well. Put the dressing in 2 small pots to pack into your lunchboxes, or toss through the salad if eating straight away.

BENEFITS low fat • low cal • folate • 3 of 5 a day

PER SERVING energy 277 kcal • fat 8g • saturates 1g • carbs 14g • sugars 13g • fibre 5g • protein 35g • salt 1.6g

Pack a healthy lunchbox



A grown-up lunch pot

Smoked salmon, quinoa & dill lunch pot

An easy, nutritious and delicious lunch. The quinoa will provide slow-releasing energy to help you feel fuller for longer during the afternoon.

SERVES 2 PREP 15 mins NO COOK EASY

2 tbsp half-fat soured cream
2 tbsp lemon juice
½ pack dill, finely chopped
250g pouch ready-to-eat quinoa
(we used Merchant Gourmet)
½ cucumber, halved and sliced
4 radishes, finely sliced
100g/4oz smoked salmon, torn into strips

1 First, make the dressing. Mix the soured cream and lemon juice together in a bowl, then add most of the dill, reserving a quarter for serving.

2 In another bowl, combine the quinoa with the cucumber and radishes, and stir through half the dressing. Season and top with the salmon and the rest of the dill.

3 Put the other half of the dressing in a small pot and drizzle over the quinoa just before serving.

BENEFITS low fat • low cal • folate • vit c • omega 3 • 1 of 5 a day • gluten free

PER SERVING energy 254 kcal • fat 7g • saturates 2g • carbs 26g • sugars 3g • fibre 5g • protein 20g • salt 2.5g

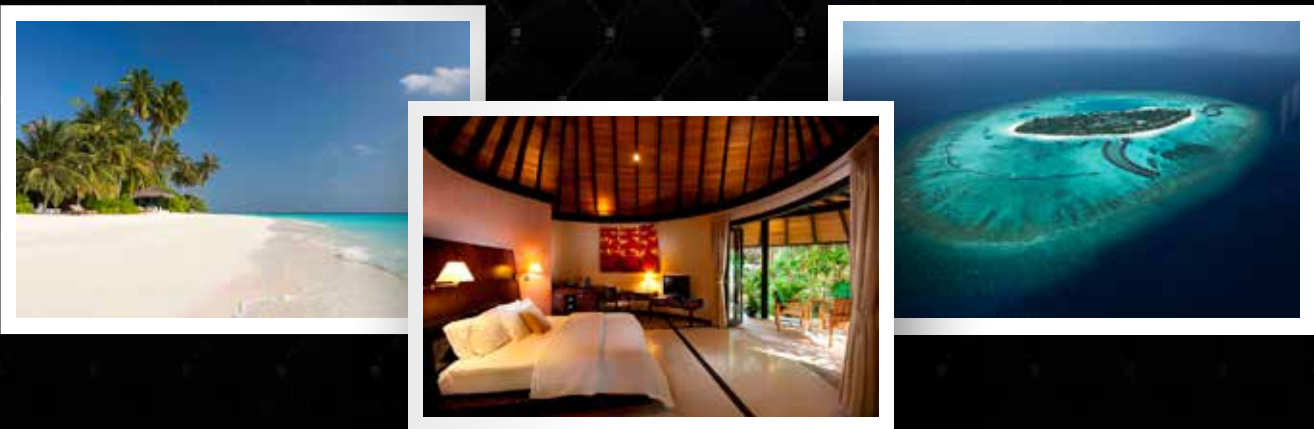




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CHEF TIM

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CHEF BEN

CHEF BRIAN

CHEF OF THE YEAR 2016

Four of Dubai's top chefs are set to go head-to-head in a mystery box cooking challenge at The Emirates Academy of Hospitality Management on October 23, 2016. The chefs, who earned their places through gaining the highest number of public votes, will battle it out using the same set of ingredients plus pantry staples, to present a three-course menu to an independent panel of judges, in a challenging time frame.

The winner will receive a three-night stay at the 5-star Outrigger Laguna Phuket Beach Resort.

WHO ARE THE FINALISTS?

BENJAMIN WAN
Coya
Four Seasons

BRIAN VOELZING
The Hide
Al Qasr Hotel

OLIVER FERNANDES
Rhodes Twenty10
Le Royal Meridien, Dubai Marina

TIMOTHY NEWTON
Bistro Bagatelle
Fairmont Dubai

Appliance Partner



Venue Partner



Prize Partner



Official Publication



Organiser



2016 food trends

photographs SAM STOWELL

Food writer
Rosie Birkett
brings you
this season's
on-trend recipes
to try at home





Barbecued oysters

'Broiled', baked, grilled or barbecued oysters is a trend that's found its way over here from the US, where it's not considered sacrilegious to apply heat to these meaty molluscs.

I had my first taste in New Orleans, where they're a speciality, and was amazed by how the oyster flesh becomes more meaty and robust with a little heat. Creole-inspired chef Tom Browne felt the same way. His Decatur (www.pamelabar.com), in east London, has garnered a following serving up barbecued oysters with garlic-pecorino butter and Cajun spices.

Inspired by his signature dish, I've created a version that's easy to do on a barbecue (p69). When I was testing it, I became very popular with my neighbours!



Deluxe grilled cheese

The humble cheese toastie has made a serious comeback, with the likes of street food sensation Grill My Cheese (www.grillmycheese.co.uk) and Freddie Janssen's mobile F.A.T toasties leading the way. I've

combined this trend with two of my favourite ingredients, pineapple and sriracha, and another hot trend, pickling, to create a fun update on the classic cheese & pineapple party snack of the 1970s!



Posh kebabs

A spate of openings over the past year has elevated the kebab beyond late-night sustenance into the gourmet limelight. Places like Le Bab (www.eatlebab.com), Black Axe Mangal (www.blackaxemangal.com) and Chifafa (www.chifafa.com) have transformed this meat and bread staple. I've created my version with goat, an underused by-product of the UK's flourishing goat's cheese industry. It has a subtle and savoury flavour. Roasting the whole shoulder results in plenty of leftovers, which is fine, as the meat works well with rice and steamed green veg, or tossed through egg noodles with soy, sriracha chilli sauce and spring onions.



Seaveg

I recently cooked a one-night-only residency at J Sheekey, the legendary London fish and seafood restaurant (www.jsheekeyoysterbar.co.uk). My menu was heavy on sea protein, but I struggled to come up with a suitable dish for the vegetarians that captured the spirit of a seaside feast. The chefs helped out with a dish of

pan-fried duck egg with morel mushrooms, wild garlic & foraged sea veg. Foraged sea vegetables are starting to appear on menus – Pharmacy 2 (www.pharmacyrestaurant.com) has a seafood ‘à la plancha’, with sea veg. In my dish, on p69, I’ve used a mixture of sea veg and mushrooms cooked in butter.



Barbecued oysters with garlic, paprika & Parmesan butter

You can also use large green-shelled mussels for this recipe.

SERVES 4 PREP 30 mins
COOK 10 mins EASY



12 rock oysters
chunks of bread, to serve (optional)
For the butter

60g butter, at room temperature
1 tsp parsley leaves
50g Parmesan, grated
2 garlic cloves, crushed
1 tbsp lemon juice
1 tsp cayenne pepper
2 tsp smoked paprika
1 tsp onion powder



1 In a small bowl, beat the butter until it's completely soft, then add the remaining ingredients. Lay a piece of cling film out on a clean work surface. Spoon the butter into the centre, then roll up tightly into a sausage shape. Keep in the fridge until ready to use. *Will keep for a week in the fridge or up to 3 months in the freezer.*

2 Light the barbecue and let it burn until the coals are glowing white-hot. Now shuck your oysters. Fold a tea towel into a strip and lie it on a firmly positioned chopping board (held in place underneath by some damp kitchen towel). Put the oysters on the towel, curved-side down, and wrap the tea towel over to sandwich it. Use a strong knife, preferably a shucking knife, to firmly pierce the hinge of the oyster, then turn it to open the oyster until you hear it pop. Work the knife around the edge of the shell, being careful not to cut into the oyster, until you can remove the lid. Disconnect the oyster from its shell on the bottom so it slides out easily.

3 Slice a round of the butter on top of each oyster and put on the barbecue, grilling for 6 mins or until bubbling. Serve with some chunks of bread to mop up the juices, if you like.

PER SERVING 196 kcals • fat 17g • saturates 10g • carbs 2g • sugars 1g • fibre 1g • protein 8g • salt 0.6g

Sea veg with duck egg on sourdough

Ask your fishmonger to source fresh sea veg for you. You can buy samphire from many supermarkets – or, if you're planning a trip to the seaside, you can forage your own.

SERVES 2 PREP 15 mins
COOK 10 mins EASY

50g sea purslane, samphire or sea kale, washed and trimmed of woody stalks
2 tbsp butter
150g mixed seasonal mushrooms, cleaned
2 tbsp rapeseed oil
2 duck eggs
2 large slices sourdough
1 garlic clove, crushed
squeeze of lemon

1 Bring a pan of water to the boil, add the sea vegetables and blanch for about 30 secs, then drain.

2 Melt half the butter in a frying pan, add the mushrooms and season. Fry for 8-10 mins or until golden-crusted and reduced in size. Meanwhile, heat the rapeseed oil in a frying pan and fry the eggs gently for a couple of mins. Toast the sourdough until golden. Transfer the sourdough to plates and keep warm.

3 Add the rest of the butter to the mushroom pan along with the garlic, cook for a further 1 min, then toss in the sea veg to warm through briefly. Season and add the lemon juice.

4 Top the sourdough with the eggs and scatter over the sea veg and mushrooms. Spoon over any butter from the pan and grind some seasoning over the yolks. Serve while hot.

BENEFITS vegetarian • folate • iron • 1 of 5-a-day
PER SERVING 495 kcals • fat 33g • saturates 11g • carbs 28g • sugars 2g • fibre 3g • protein 19g • salt 1.7g

Pickled pineapple & sriracha grilled cheese

This recipe makes more pickled pineapple than you will need, but leftovers can be kept in the fridge for up to two weeks.

SERVES 1 PREP 10 mins plus
marinating COOK 15 mins EASY

½ pineapple, flesh cut into small cubes
2 thick slices of sourdough
1 tbsp mayonnaise
1 tbsp unsalted butter
2 tsp rapeseed oil
85g cheddar, sliced
1 spring onion, finely sliced
sriracha chilli sauce
For the pineapple pickle
100ml white wine vinegar
40g golden caster sugar
½ tsp coriander seeds
½ tsp mustard seeds
½ tsp black peppercorns
1 star anise
1 bay leaf

1 Bring all the pineapple pickle ingredients to the boil with 100ml water. Add the pineapple chunks and toss in the pickle. Allow to cool, then transfer to a bowl, cover with cling film and leave in the fridge to marinate for at least 30 mins.

2 Spread the sourdough slices with mayonnaise on one side. Put half the butter and the rapeseed oil in a frying pan over a medium heat. When the butter has melted, put one slice of bread in the pan, mayo-side down, and top with a slice of cheddar, some spring onion and pickled pineapple, and more cheese and sriracha, to taste. Top with the other piece of bread, mayo-side up.

3 Cook for about 3 mins or until crispy and golden underneath, then turn the sandwich over and add the rest of the butter. Cook until crisp and golden on that side, and the cheddar is melting. Slice in half and serve immediately.

BENEFITS vegetarian • calcium • folate • iron • 1 of 5-a-day
PER SERVING 1,118 kcals • fat 75g • saturates 29g • carbs 74g • sugars 23g • fibre 5g • protein 3g • salt 4.4g



Katsu burger

When I lived in Vancouver three years ago, izakayas – Japan's version of the gastropub – were all the rage. The city has a huge Japanese population, so it's no surprise that this style of fun, informal dining – designed to be eaten alongside alcohol – was finding its feet there. It's taken a little longer to come over here, but now we're seeing a trend for this with the opening of restaurants like

Jidori (www.jidori.co.uk) and Jason Atherton's Sosharu (www.sosharulondon.com) in London. This chicken katsu curry burger is inspired by the trend. It takes a relaxed approach to Japanese flavours, making the famous katsu curry into an indulgent chicken burger with katsu curry mayo. It's not authentic to add curry powder to the sauce, but I like the way it tastes.



Pulled goat kebabs with coriander dressing

Goat meat is available from many butchers, or online. I like Cabrito (www.cabrito.co.uk), which is stocked by ocado.com as well. You can also use lamb for this recipe.

SERVES 6 PREP 40 mins plus overnight marinating **COOK** 5 hrs **MORE EFFORT**

1 whole goat shoulder (about 1.5kg)
750ml warm vegetable stock
For the marinade
200g plain yogurt
zest ½ lime

½ small pack coriander, stalks only
2 tsp grated ginger
2 tsp chilli powder
2 tsp ground cumin
1 tbsp brown sugar
1 tbsp pomegranate molasses
2 tbsp olive oil
4 black peppercorns
1 tsp smoked paprika
1 tsp coriander seeds

For the coriander dressing

½ small pack coriander, leaves only
200g Greek yogurt
20ml extra virgin olive oil
1 tbsp tahini

zest 1 lime, plus 1 tbsp juice
1 garlic clove, minced

2 tsp cider vinegar

For the pickled pomegranate seeds

3 tbsp cider vinegar
3 tsp golden caster sugar
1 pomegranate, seeds removed
½ red onion, finely sliced
½ red chilli, finely sliced

To serve

6 flatbreads
¼ white cabbage, shredded
handful mint leaves

1 Marinate the goat in a roasting tin the day before you cook it. Blitz all the marinade ingredients in a blender with 1 tsp salt, slather all over the goat, cover with cling film and put in the fridge.

2 The next day, heat oven to 160C/140C fan/gas 3. Remove the goat from the fridge 30 mins before you cook it to bring it to room temperature. Unwrap, then cover the roasting tin tightly with foil and cook for 1 hr, then add the stock, return to the oven and cook for a further 4 hrs, occasionally basting with the juices, until the meat is coming away from the bones and is easily pulled apart with two forks.

3 Pull the meat from the bones (which can be discarded) and set aside on a plate. Remove most of the fat, then pour a little boiling water in the bottom of the tin and use a whisk to scrape up any of the dark crust, incorporating the juices with the water. Return the meat to the roasting tin and cover with foil. Keep warm in a low oven until ready to use.

4 To make the pickled pomegranate seeds, combine the cider vinegar with the sugar and a pinch of salt in a bowl, stirring until they dissolve. Add the pomegranate seeds, red onion and chilli, and stir to coat.

5 To make the coriander dressing, combine all the ingredients in a food processor with some seasoning and blend until you have a runny green dressing.

6 Warm the flatbreads through on a skillet or griddle and serve topped with the cabbage and warm goat. Garnish with the pickled pomegranate mix, mint leaves and dressing.

BENEFITS iron • good for you

PER SERVING 418 kcal • fat 19g • saturates 6g • carbs 15g • sugars 14g • fibre 2g • protein 46g • salt 1.0g



Get cooking! We'd love to see your versions of these on-trend recipes. Share your photos on Instagram #gftrends.

Follow Rosie at @rosiefoodie

TIP Shichimi togarashi is a Japanese seven-spice mix available from Asian food shops or online at www.souschef.co.uk and seasonedpioneers.com. If you can't find it, use a pinch of ground ginger, chilli, and white and black sesame seeds instead.

Chicken katsu curry burger

SERVES 2 PREP 20 mins
COOK 15 mins plus at least 3 hrs marinating **MORE EFFORT**

2 skinless chicken breasts
vegetable or sunflower oil, for frying

For the brine

500g milk
1 garlic clove, crushed
1 tbsp shichimi togarashi
(see tip, left)

For the katsu mayo

50ml ketchup
1 tsp toasted sesame oil
1 tsp soy sauce
1 tbsp Worcestershire sauce
½ tbsp runny honey
juice ½ lime
1 tsp hot mustard
2 tsp medium curry powder
3 tbsp mayonnaise

For the chicken katsu

1 egg
100g rice flour
60g panko breadcrumbs
2 burger buns (preferably brioche)
handful shredded iceberg lettuce
2 spring onions, finely sliced
2 radishes, finely sliced

1 In a bowl, combine the ingredients for the brine with 1 tsp salt. Put the chicken in the brine, cover with cling film and marinate in the fridge for at least 3 hrs.

2 To make the mayo, combine all the ingredients and stir until smooth.

3 Half an hour before cooking, remove the chicken from the fridge. Crack the egg into a bowl and whisk with 2 tbsp of the brine. Mix the rice flour and panko, and spread out in a layer on a plate. Remove one chicken breast from the brine, shake off the excess, dip into the egg mix, then coat in the panko mix. Transfer to a plate and repeat with the other chicken breast.

4 Heat the oil in a deep-fat fryer or large, heavy-bottomed saucepan until it reaches 180C, or a piece of bread browns in 30 secs. Fry for 10-12 mins until cooked through. Drain on kitchen paper, then slice each breast into 4-5 pieces.

5 Split and toast the buns, then spread with the mayo. Add a layer of lettuce, spring onions and radishes, then top with the chicken and more mayo.

BENEFITS folate • fibre • vit c • iron • 1 of 5-a-day

PER SERVING 1,080 kcal • fat 48g • saturates 6g • carbs 107g • sugars 21g • fibre 8g • protein 50g • salt 3.0g



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Squeaky clean

Thousands consume fruit and veg every day, however, many fail to realise just how dirty and germ-infested the skin can be. If you're not washing your food properly they can make both you and your family very ill. But don't worry – Helping.ae is on hand with top tips to ensure your ingredients are deliciously healthy!



Why should you wash fruits and vegetables?

Before ending up in your basket, a piece of fruit can travel thousands of miles – especially in the Middle East where so much of the fresh produce is imported. In order to keep fruit fresh during transit, it is sprayed with a toxic cocktail of pesticides. This can cause stomach cramps, fever or headaches, and even lead to food poisoning, asthma or diabetes, in extreme cases, if not washed off properly.

Next stop, once fresh produce arrives at the supermarket, it is placed out on open fruit and vegetable market counters, where flies are able to land and lay eggs on the exterior or in the basket.

This is all before fellow shoppers come along to pick up, feel and smell the produce with bare hands, which alone can carry up to 4,700 types of bacteria.

HOW TO WASH OFF BACTERIA PROPERLY:

1 After just 15 seconds of washing fruits and vegetables under cold water, up to 98% of the bacteria held on the skin can be killed or removed. However, be sure to wash and dry your fruit and veg right before you're about to eat them, because bacteria multiply in moist environments.

2 When it comes to apples and pears, most of the fruit's best vitamins are stuck in the skin. So, instead of peeling the fruit, be sure to wash thoroughly. If you peel the skin, you're losing out on vital vitamins.

3 For delicate fruits like berries and grapes, soak them in cold water for a few minutes, occasionally giving them a little stir, before allowing to dry on a paper towel.

4 Take care when removing skin from fruits like melon, mango and avocado. When you're cutting them up, it's easy for germs and pesticides to slip through to the inside of the fruit. To avoid this, disinfect the skins before you slice and peel. In a spray bottle, mix one tablespoon of white vinegar, one tablespoon of lemon juice and one cup of water (or alternatively a store-bought spray). Spray the mixture on the skin and allow to sit for ten minutes. Then rinse under water before chopping.

5 For veg like potatoes, carrots and radishes, scrub away the dirt on the skin with a rough surface like a vegetable brush (for example). After doing so, wash the products, peel them and then wash again – you never know what's hiding.

6 If you buy packaged salads, just because they say the contents is 'washed', doesn't mean it's germ-free. Ready-made salads are often full of yeasts and mildew, which can cause gastrointestinal discomfort. Before eating, let the lettuce soak in cold water, then dry the leaves in a salad spinner. You can also add an acidic salad dressing, which will act as a disinfectant.



'The recipe I grew up with

is chicken soup & matzo balls. My paternal grandmother always had a steaming bowl of "Jewish penicillin" ready for us whenever we visited her.

'She was born in Prussia, now part of Poland, and during the Second World War she became a refugee in Jerusalem, where she met my British grandfather, who was in the Army.

'Although my father was born in Jerusalem, the family then settled in the UK. After their terrible wartime experiences, many Jews were frightened to embrace their faith or history, so my dad was brought up in the Church of England.

'However, certain things persisted from the family's Jewish roots – including the chicken soup. My grandmother used to boil a whole chicken, add vegetables, including celery, onion and carrot, a big tomato to give it a bit of colour, a bay leaf, salt, ten whole peppercorns and some fresh parsley. I was a bit nervous about it because I wasn't used to eating all parts of the chicken – I just wanted the nice white meat. I would filter out the bits I didn't want but I loved the broth.

'Chicken soup is something that I cook to this day, although – unlike my nan – I strain it. My dad likes a matzo ball, so when my parents come, I always make the dumplings.'

My life on a plate

JAMIE CULLUM

Everyone has a dish that brings back childhood memories – and one to pass on to the next generation. Here the jazz musician shares his favourite recipes

Jamie Cullum, the singer-songwriter, has won many awards and sold more than ten million albums since he first appeared on Michael Parkinson's chat show in 2003. He married Sophie Dahl, the model, in 2010. They live in Buckinghamshire with their two young daughters.

Chicken matzo ball soup

SERVES 6-8 **PREP** 30 mins plus overnight chilling **COOK** 4 hrs
MORE EFFORT

1 chicken with extra giblets
3 chicken stock cubes
1 bay leaf
10 peppercorns
4 carrots, sliced
2 onions, peeled, root intact
2 celery sticks, sliced
1 swede, peeled and cut into chunks
1½ small pack parsley, roughly chopped
challah bread, to serve (optional)
For the matzo balls
1½ tbsp fat from the chicken soup
1 egg, beaten
100g matzo meal

1 Wipe the chicken with kitchen paper and put in a large saucepan with the giblets. Cover with water and bring to the boil. Once boiling, reduce the heat to a simmer. Skim away any

scum with a large spoon or ladle every few mins for about 30 mins until no more comes to the surface. Crumble in the stock cubes and add the bay leaf, peppercorns and vegetables.

2 Bring to the boil again, then reduce the heat to very low. Cover and simmer gently for 3-3½ hrs.

3 Leave the soup to cool a little, then transfer to the fridge overnight.

4 Once chilled, the fat from the soup will rise to the top. Save 1½ tbsp for the matzo balls and set aside, then use a large spoon to remove as much as you can. Remove the chicken, shred all the meat, then add it back to the pan. Put the soup back on the heat and skim away any remaining fat while you bring it to the boil.

5 Meanwhile, make the matzo balls by combining the fat, egg, matzo meal and ½ tbsp warm water. Stir into a paste, adding a little more water if needed, then chill for 10-15 mins. Roll into about 12 small balls. Dampen your hands if the mixture is too sticky.



6 Drop the matzo balls into the soup for a few mins. Scatter with parsley and serve with challah bread, if you like.

BENEFITS folate • 2 of 5-a-day

PER SERVING (8) 375 kcs • fat 20g • saturates 5g • carbs 18g • sugars 7g • fibre 4g • protein 28g • salt 1.4g



The recipe I'll pass on



of cookbooks. It's not an uncommon thing in musicians. I know a lot who like cooking – because of the unsociable hours, you have to be able to cook for yourself, and be pretty creative.

'I like tackling things that are perceived as hard to do. A really good life skill to have, and one that I've perfected, is poaching an egg. When they're a bit older, I'll show my children, Lyra and Margot, five and three, exactly how to do it (although the oldest one is already quite good at cracking eggs and dropping them into the pan!). This recipe is one of my favourites.'

"When Sophie and I first met, we bonded over a love of food, and we still often cook together. She was impressed by my selection

Poached eggs on avocado & feta toast

SERVES 2 **PREP** 5 mins
COOK 5 mins **EASY**

2 tbsp white wine vinegar
2 large eggs
1 avocado
50g feta
1 tsp chilli flakes
juice ½ lemon
2 slices of sourdough

1 Fill a large saucepan with water, add the vinegar and bring to a hard boil over a high heat. Once boiling, reduce the heat so the water is simmering, then use a spoon to swirl the water into a whirlpool. Crack in both eggs and cook for 2½ mins.

2 Meanwhile, in a small bowl, mash the avocado, feta, chilli flakes and lemon juice, and season well with black pepper. Toast the bread.

3 Pile the avocado and feta on the toast, then put a poached egg on top of each.

BENEFITS vegetarian • folate • fibre • 1 of 5-a-day

PER SERVING 517 kcs • fat 31g • saturates 9g • carbs 37g • sugars 3g • fibre 6g • protein 20g • salt 1.8g



HEALTHY LIVING THE **KIWI** WAY!

Kiwi is an exotic fruit that originated in China, with a fuzzy outer skin and juicy flesh. Rich in trace elements, minerals and vitamins, the kiwi quickly conquered the global market with its unique, exceptional sweet and sour taste!



Why introduce kiwi into our daily diet?

It is rich in vitamin C. Consumption of a single kiwifruit can cover the human organism's daily requirement in this vitamin. It is also an excellent source of vitamins A, E and B complex, and it contains potassium, phosphorus, and magnesium.

European kiwis conquer the global market!

European kiwi stands out for its quality, both in taste and in nutritional value, because it is harvested by hand. Kiwis are placed in suitable refrigerated storage areas within 24 hours from harvesting, thus guaranteeing that all of the fruit's nutrients are preserved.

European kiwis stand out and are sought after in many international markets, and are exported to over 51 countries in Europe, Africa, Asia and America.

How to enjoy kiwis

There are several different ways to incorporate kiwis into your daily diet:

- Serve your friends a refreshing fruit drink made with kiwi and melon.
- Make delicious and healthy kiwi-based smoothies.
- Enrich your breakfast by adding freshly cut slices of kiwi to yoghurt or to your cereal.
- Enjoy chocolate kiwis! Cut the kiwis in slices and dip them in melted chocolate. The taste is a revelation!
- Simply add kiwi to your favourite green salad.

So let your imagination run free and pleasantly surprise your friends and family, by using kiwi in various recipes. The results will amaze you!



Out of **Africa**

Hundreds of local tribes and customs, the widest range of ingredients from land and sea, the influence of just about every colonial power, so just why haven't African cuisines broken free from the continent? Dave Reeder asks the question.



Firstly, a personal note. I spent the first seven years of my life in West Africa, in what was then the Gold Coast and is now Ghana. Memories are hazy but include one of the best dishes of my life, a monthly regular created by the small staff we had supplied by the University where my father worked.

The dish? A 'curry' but unlike any other I've ever had. At such a distance I couldn't tell you if the spicing was the chef's own masala or came out of a tin, but what sticks in the mind is the 20 or so side dishes of accompaniments that came with it - chopped orange, banana, cucumber, peanuts and on and on. A plate of rice, add a couple of spoonfuls of the curry and then decorate with the fruit and vegetables, together with mango chutney and more. Memorable!

But today, if we think of food and Africa at all, it's nearly always in the context of famine and shortages, except around the periphery - Morocco, Egypt and South Africa. How can we know so little about the foods of world's second largest continent, with 58 countries and dependant territories?

Whilst North African (Morocco, Tunisia and Egypt mainly) and South African cuisine have been to some extent globalised, in general the continent - and therefore the cuisines - as "so diverse with each country's cuisine very different - similar to the regional variations across India, Mexico and Italy.

However, many dishes for the non-African seem rather bland, with herbs and spices only moderately used - and that's despite their location on the spice trade route! Swahili cuisine, as an

example, may embrace foods like chickpea cassava and yams in coconut sauce, cooked green bananas and sweet plantain, but the textures and flavours are monotonous.

So is it a lack of flavour, wow factor or marketing that has ensured these foods don't travel beyond Africa?

In contrast, look at the development of African cuisine that followed the slave route to the West Indies and the south of the US. Of course, ingredients changed but the basic taste profile of something like gumbo soon found a ready audience outside of the diaspora.

However, even a major city like London with a long history of African residents - either as students, immigrants or political exiles - really has no noticeable history of African cuisine. Talking to food friends based in London, the only location that came up more than once in conversation was the canteen at Africa House, which became a home from home for African radio presenters working for the nearby BBC World Service in Bush House as well as for students and lecturers at the School of Oriental and African Studies at the University of London.

So why is this?

The facile explanation is that the continent has had enough trouble



feeding its own people without driving exports globally, but that argument never slowed the spread of Chinese food despite frequent major famines and shortages in that country.

And a lack of flavour shouldn't be a major inhibitor to food finding a ready audience. Few dishes could be as bland as American fast food or



Bunny chow



Jollof rice and egusi soup



Piri piri chicken

How can we know so little about the foods of world's second largest continent, with 58 countries and dependant territories?

burgers, but that has hardly slowed the spread of the industry.

Given that it's likely that the first BBQ took place in Africa, meaning that this is the continent that invented cooking. Hard to believe given the lack of African dishes on a world stage.

But there are classic dishes. Here's a baker's dozen of the best:

South Africa - Pap en vleis

This combination of barbecued meat and maize porridge is common across Southern Africa, particularly in South Africa, where the starch and braaied or stewed meat comes with an obligatory side of spicy gravy. It's common for restaurants specialising in this dish to be close to butchers' shops so customers can choose their own meat.

Mozambique - Piri piri chicken

Mix African, Portuguese, oriental and Arabic flavors and you have the taste of Mozambique. Piri piri chicken is probably the most iconic dish: chicken cooked with lime, pepper, garlic, coconut milk and piri piri sauce, often served with cassava leaves cooked in a peanut sauce.

Nigeria - Jollof rice and egusi soup

Nigeria is a large country with many regional cuisines but jollof rice is a staple across most of West Africa. This simple, spicy one pot dish of rice, tomatoes, onions and pepper is often served with egusi soup, made with ground melon seeds and bitter leaf, plus fried plantains and pounded yam.



Biryani and pilau



Koshari

Mix African, Portuguese, oriental and Arabic flavours and you have the taste of Mozambique

fried onions and hard-boiled eggs. It arrived via the slave trade, along with bredies, pickled fish, denningvleis and bobotie.

Zanzibar - Biryani and pilau

These rice dishes both draw on the exotic array of spices synonymous with the island and are often served with kachumbari, a fresh onion and tomato salad popular across East Africa.

Kenya - Nyama na irio

This well-loved comfort dish, originally a Kikuyu staple that has spread through Kenya, is made of mashed potatoes, peas, beans, corn and onion, often served with spiced roasted meat.

Egypt - Koshari

A nourishing vegetarian dish of rice, lentils, macaroni, garlic and chickpeas that is bought together by a spicy tomato sauce and topped off with fried onion.

Egypt - Ful medames

Pre-Ottoman and pre-Islam, it is thought this dish dates back to the time of the Pharaohs. Possibly the country's national dish, this is a mix of broad (fava) beans simmered with spices and olive oil often served in the morning with eggs and pita bread.

Morocco - B'stilla

Although Moroccan tagines and couscous dishes are well known, this sweet and savoury dish (also known as b'stilla) is a pie made of shredded cooked squab or chicken, thickened with egg sauce with paper-thin pastry and layers of nutty, spicy filling.



Muamba de galinha



Ful medames

South Africa - Bunny chow

Although the origin of the name is unclear, this street food of a hollowed-out white bread filled with a very-hot curry is thought to have been brought to the country by 19th century indentured labourers from India.

Zimbabwe - Kapenta with sadza

Kapenta are small freshwater fish, often served with sadza (maize porridge) or stewed with tomatoes, onions and groundnut powder, then served with fresh greens.

Malawi - Chambo with nsima

The most popular and best-known fish found in Lake Malawi is served grilled, usually with nsima (a stiff porridge) or

chips, plus ndiwo, a relish made of pumpkin or cassava leaves, tomatoes and groundnut powder. Nsima and ndiwo are also staple foods in neighbouring Zambia.

Angola - Muamba de galinha

A strong Portuguese influence is evident in the food of Angola, especially in this chicken stew and the popular fish stew Caldeirada de peixe. Sometimes known as Chicken muamba, this spicy and oily stew is made with palm oil or palm butter, garlic and chillies. In Gabon, a variant called Nyembwe chicken is the national dish.

South Africa - Cape breyani

A classic of Cape Malay cuisine, this dish comprises layers of marinated meat, rice, lentils and spices topped with crisp-

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Storecupboard heroes: Oils

There's a huge variety of oils available, but which do you need in your kitchen? Orlando Murrin explains how to buy wisely, and reveals the health benefits

photographs STUART OVENDEN

EXTRA VIRGIN OLIVE OIL

This is cold pressed, meaning that it has a superior aroma and health benefits – it's rich in protective compounds called polyphenols. Save extra virgin olive oil for dressings and drizzling, as it loses its aroma when heated. It varies hugely in colour and flavour (not to mention price). As a rule, olives picked when ripe give a more golden colour and milder flavour, while underripe olives yield oil that is greener and more peppery in flavour.

SESAME OIL

Use this distinctive, pungent oil sparingly, as a last-minute touch for Asian dishes and salads. Supplying a good balance of polyunsaturated and monounsaturated fats, the oil is usually made from toasted seeds, which concentrates the flavour and gives it a dark amber colour. Once open, use within a month or two, as it quickly turns rancid.

SUNFLOWER OIL

This light-tasting oil, a good source of vitamin E, is high in polyunsaturates. It is useful for baking and often found in recipes for carrot cake. Be aware that the cheaper, more refined versions tend to contain less of the healthier fats. Stick to the unrefined oils for cold dishes and for blending with olive oil. Use the more refined version, which has a higher smoke point, for frying and baking.

GROUNDNUT OIL

The common name for peanut oil, this is light-flavoured, inexpensive and produced all over the world. It has a relatively high saturated fat level, and is the best choice for stir-fries and deep-frying because of its high smoke point.

Not all fats are created equal

Fats and oils are crucial for health. They help us to absorb the fat-soluble vitamins D, E and K, as well as the carotenoids we need to make vitamin A.

We need to consume a balance of polyunsaturated, monounsaturated and even saturated fats (for vitamin D) to boost energy levels, promote our heart health, and benefit from their anti-inflammatory properties.

Undoubtedly, it's the unsaturated fats (both mono- and poly-) that are the good guys, found in most of the oils on this page. With saturated fats, try to stick to your daily Reference Intake of 20g. Trans fats, most commonly found in processed foods, are now considered the most damaging – keep these to an absolute minimum.

AVOCADO OIL

Rich in monounsaturates and antioxidants, including vitamin E, this speciality oil helps to protect the heart and manage inflammation. Pioneered in Australia and New Zealand, and made from avocado flesh rather than stones, it has an attractive grassy colour and a slightly nutty flavour. Although expensive, it can be used for cooking and has a high smoke point. A classy touch drizzled over a mozzarella & tomato salad, or use as a base for salad dressings and marinades.



Which is best for frying?

Each oil has its own smoke point (the temperature to which you can heat it before it smokes). The smoke point is also affected by how refined it is – refined oils have higher smoke points. For both deep- and shallow-frying, choose an oil with a high smoke point, which enables you to cook hotter and faster, reducing loss of nutrients and potentially absorbing less oil. Groundnut oil is best (225C), followed by rapeseed (210C), corn and regular olive (200C), and sunflower (190C). Oils lose their distinctive flavour when heated, so save expensive ones for the table.

How long can you keep oils?

Most oils will keep for a year or longer in a cool, dark place. Once open, use within three months. There is no particular advantage to keeping them in the fridge; some will go thick and/or turn cloudy, but they will return to normal when brought back to room temperature.

NUT OILS

Walnut oil, produced largely in France, Australia, New Zealand and the US, has a distinctive taste and provides mainly monounsaturated fat. The best versions have a rich, sweet flavour – use sparingly for drizzling and dressings. Once open, use within a month. Hazelnut oil is more delicate – it makes an exquisite salad dressing teamed with raspberry vinegar. Other nut oils, such as almond and macadamia, are also high in heart-friendly monounsaturated fats – but virtually tasteless. Oil from coconuts – not technically a nut – is solid at room temperature and is very high in saturated fat. It adds a distinctive flavour to bakes, and a rich finishing touch stirred into Asian dishes.

CORN OIL

Unsurprisingly, this is made from maize and usually has a yellow tinge. It is high in polyunsaturated fats and, although a traditional choice for frying or deep-frying, groundnut or rapeseed oil are better options because of their higher smoke points.

OLIVE OIL

A cornerstone of the Mediterranean diet, olive oil is high in heart-friendly monounsaturated fat (although, like many other oils, it is still reasonably high in saturates). The regular, filtered version ranges from light to golden, and is best used for shallow-frying.

VEGETABLE OIL

An economical choice, this is often a blend of oils – for instance, rapeseed, sunflower and peanut. It is usually formulated to have a high smoke point and is therefore ideal for deep-frying. Some vegetable oils contain mass-produced oils such as soybean, safflower and cottonseed, which are used mainly in industrial food production.

RAPSEED OIL

Known in the US as canola oil, rapeseed oil is light-flavoured and all-purpose. A good source of both poly- and monounsaturated fat, it contains the lowest saturated fat of any of the oils on this page, with less than half the amount found in olive oil. It is a good source of omegas 3, 6 and 9, which help to maintain healthy joints, and brain and heart functions (it has 10 times as much omega-3 as olive oil). British rapeseed oil is made from the bright yellow rape plant that you see in flower over vast swathes of the countryside at this time of year.



BEHIND THE HEADLINES

Why we should stop worrying about salt

We are constantly warned to cut back on salt. But *Joanna Blythman* believes that this essential ingredient has been unfairly damned

We now eat far less salt than we ever did. But latest figures show that the momentum for reduction has stalled over the past three years. The average adult still consumes 8g of salt a day, and the Government wants us to get that figure down to only 6g. Lowering intake lessens our risk of high blood pressure, stroke and heart disease, or so we have been told.

But new research is challenging the evidence base for this long-standing advice. In 2014, a major review of data on salt and health concluded that we have been preoccupied with the wrong white crystals, suggesting that: 'Clinicians should shift focus away from salt and focus greater attention to the likely more consequential food additive: sugar.' Radically reducing our salt intake can actually be quite risky, it seems. Last year, a study of 100,000 people found that those who followed guidelines on eating less salt actually had more heart trouble than those who didn't.

Reading this, you may feel like throwing your hands in the air in frustration as yet another healthy-eating 'fact' bites the dust. But for me, this apparently heretical rebuttal of anti-salt gospel makes sense. Being Scottish, I was brought up with quite assertively salted food. I'm one of those people who find low-salt bread or porridge unappealingly bland. I enjoy the crunchy sea salt crystals on top of my focaccia, and regularly use small amounts of intensely salty ingredients, like capers, soy sauce and anchovies, to add vivid flavour accents to my food.

For a while I went along half-heartedly with salt reduction advice, but when I discovered that 75% of the salt Britons eat was in processed food, I relaxed again. We eat mainly home-cooked food prepared from whole real ingredients. Brought up this way, my children soon found the taste of convenience food larger than life and pretty fake by comparison, and not just because it's often so crazily salty. Stock cubes, for instance, are definitely labour-savers, but when you're accustomed to homemade stock, they can leave you gasping with thirst.

Of course, we do eat things like oatcakes, bacon and cheese that contain salt, but otherwise I control our salt intake by adding sea salt flakes or crystals with my fingers. I prefer them to the standard free-flowing, highly refined salt; it's much easier to use too much of it, I find.

I'm just not convinced that using salt in this fairly controlled, case-by-case basis is harmful. It seems to me that this natural, traditional flavour enhancer has been damned unfairly because of its association with high-tech processed foods that use palate-tricking additives, and shockingly high amounts of added sugar, to manipulate our tastebuds. To me, seasoning food with salt is one of the cook's key skills. Not too much, but not too little either – that's the knack. [@JoannaBlythman](#)

What's the difference?

● **White table salt** is pure sodium chloride. It is mined from underground salt deposits and industrially refined. Chemical anti-caking agents (magnesium carbonate or sodium hexacyanoferrate) are also added.

● **More expensive sea and rock salts** that haven't been chemically refined naturally contain tiny amounts of 'impurities': trace elements and minerals, such as iron, manganese, zinc, calcium, iodine, selenium and magnesium. Some experts claim these are beneficial, but others dismiss this as the levels are negligible.

'I control our intake by adding sea salt flakes or crystals with my fingers'



LET US KNOW: We'd like to hear your views on this subject and how much salt you use in your cooking.



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Plush bedding, proper loos and some seriously good food credentials. From farm stays to tipis, tree houses and tents with fully kitted kitchens, glamping provides a brilliant getaway for families **words** SARAH BARRELL



Best for **LOCAL FOOD & SANDY BEACHES** **Troytown Farm, St Agnes, Isles of Scilly**

Camp out in style on the Isles of Scilly's only dairy farm, in immaculately appointed bell tents, overlooking a white sandy beach. Tents sleep two to four people and come with pots, pans, a camping stove, proper crockery, cutlery and utensils, plus a cool box and free ice-pack service.

Pre-order a hamper from the farm shop: farm-reared pork and beef, plus the creamiest dairy produce from Troytown's Jersey and Ayrshire cows. The un-homogenised milk, live yogurt and decadent ice cream (30 flavours, but hard to go past the clotted cream) are worth writing home about. Local shops and honesty boxes are replete with seasonal fruit and veg, apple juice, free-range eggs, and local crab and lobster.





Best for **TREE HOUSES & CIDER** **La Grande Noe, Normandy, France**

A 300-acre family-run chateau estate in the little-known Le Perche region of Normandy looks *très impressionnant* out front, but in the forest behind, 30 feet up in the towering Douglas fir trees, you'll find a rustic hamlet of 'cabanes dans les arbres' – six eco-award-winning tree houses designed to look somewhere between a medieval castle and Captain Hook's galleon.

Normandy is cider country, so you can steady vertigo-induced nerves with a glass of the farm's own deep amber variety. A bottle can be winched up to your terrace, along with local cheeses, honey, bread, cloudy apple juice and salads – the latter lovingly made by the owner, Agnès. Inside you'll find

gnarly branches curling to create a fantasy of bunk beds, nooks and love seats, plus discreet compost loos (showers are in the smartly converted 14th-century stone chicken house).

Agnès is on hand to recommend restaurants, including friendly Le Bistrot des Loups, opposite the monumental 15th-century church in nearby Longny-au-Perche. The bistro also delivers for treetop dining, but it's worth eating out to best appreciate its indulgent moules frites.

How to get there

The nearest ferry is to Caen or Le Havre (two-hour drive), and Paris is a two-hour drive. Tree houses at La Grande Noe cost from €131 a night for a two person house, and €280 for a four-person house. The price includes breakfast delivered via a winched-up hamper (chateaudelagrandenoe.com).

Best for **EXPERIENCING A WORKING FARM**

Feather Down Moor Farm, Gloucestershire

This is child heaven, but for adults it's a particularly foodie stay. Set in the glorious Gloucestershire countryside, Moor Farm is a quiet, get-away-from-it-all place but with plenty for everyone to do. The kids can be kept busy with farm chores, and there's a swimming pool if it's warm.

Spanking-fresh eggs can be collected in the communal chicken coop (as long as the hens are feeling happy), and you can buy a breakfast hamper in the farm shop with excellent bread and great produce. The rose veal burgers are standouts – ideal for barbecues.

During the week there's wood-fired pizza night (with cider). The farmer's son, Mathew, is a trained chef and he hosts events



including hog roasts and Double Gloucester cheese tastings. The canal into Gloucester is a walkable distance, with boating and fishing available, along with a number of pubs, including the Ship Inn gastropub (theship-inn.com).

How to get there

Accommodation is in safari-style Canvas Lodges with wooden floors, kitchenettes and outside stoves. Choose a Frills Lodge for an ensuite bathroom, veranda and barbecue.





Best for
MAKING DENS & SUNDAY LUNCH
Woodland Tipi and Yurts, Herefordshire

Choose from six traditional yurts and three Sioux Native American tipis scattered through woodland, all decked with proper beds, cosy rugs and wood-burning heaters. This is a real dingly dell, discreetly fenced in, so it's safe for children to roam free, with a hippy festival aesthetic and 1950s caravan kitsch-style share-kitchens (lots of gingham-curtained cupboards and open-fronted dining areas).

It's shady in the woods, so pack fleecy layers even in summer. There are materials for den-making, giant tyre swings, towering

trees to climb and trails to explore. Hooting, low-flying owls bring dusk some Harry Potter magic, while parents can fall under the spell of holistic therapies in the woodland treatment room.

This is the land of Herefordshire cattle and cider orchards. Order a seasonal veg box from Carey Organic at the neighbouring White Thorne Farm (whitethornfarm.co.uk), and discover the secrets of cider-making at Westons Cider Visitor Centre (westons-cider.co.uk).

There are three good pubs within easy walking distance; for Sunday lunch, the aptly named Cottage of Content (cottageofcontent.co.uk) is a must – try the roast topside of Hereford beef.

Best for
STAR-FILLED SKIES

Big Sky Tips, Sussex

Check into one of eight Sioux tipis, hand-painted with traditional Native American designs and decked out with beanbags, faux fur rugs and proper beds. They're set in a two-acre meadow, part of 23 acres of meadowland, fields and woodland, five miles from the east Sussex coast. You can cook breakfast on the campfire (or gas stove; all utensils and crockery are provided) with home-produced, free-range sausages, bacon and eggs.

Local pubs, which are about a 20-minute walk away, include the Lamb Inn, an old coaching inn revamped by TV antiques expert James Braxton (lambinnwartling.co.uk), and The Farm @ Friday Street (farmfridaystreet.com). Despite its digital-age name, this is set in a 17th-century farmhouse and serves everything from afternoon tea to dinner and brunch. It gets much of its produce from farms within



squinting distance, including the signature braised half shoulder of Highfields English lamb, served with dauphinoise, seasonal vegetables, red wine & rosemary jus.

There are plenty of attractions to visit nearby: the site of the 1066 Norman landings, Pevensey Castle, the seaside villages of Pevensey and Norman's Bay, and the 15th-century Herstmonceux Castle (now the Observatory Science Centre). Big Sky's site was selected for its lack of light pollution, so – weather allowing – expect plenty of starry nights.





Best for
CAMPING SAFARIS
Port Lympne, Kent

An early adopter of the trend for family attractions to offer accommodation, Port Lympne Safari Park recently added tree houses to its glamping set-up of eco pods, safari tents and lodges. Set on a tree-lined escarpment, the new cabins come with a fully kitted kitchen-diner (milk, biscuits, tea and coffee are provided), a bathroom, two bedrooms and a wrap-around wooden terrace, from which rhinos, zebras and giraffes can be seen roaming the Kent 'savannah'. On a clear day you can also see the outline of France across the Channel.

Don't want to self-cater? Enjoy a glass of Chapel Down sparkling rosé from local Tenterden Vineyard in the private clubhouse for tree



house guests, then dine either in the estate's eccentric red brick manor house (where Churchill used to hold decadent soirées) or at the Livingstone Lodge, which overlooks Port Lympne's watering hole. Watch buffalo and wildebeest gather to drink as you enjoy a four-course, Africa-inspired dinner cooked

on an open fire pit.

Rise early before the park opens and watch your rhino neighbours having their breakfast as you enjoy yours: pre-order a hamper that includes local bacon and sausages to cook in your smart treetop kitchen.

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Fitness Fest is set to return for the second year, headlined by Sun & Sand Sports. This year's festival will be held at Skydive Dubai on 4th and 5th November. The two-day festival will host a huge number of fitness challenges that everyone can get involved in! There will be many fitness activities to try such as cricket, football, Les Mills classes, Fitness Challenge, boxing, running, military challenges and much more! This year, Fitness Fest will be co-hosting with Dubai's very first Healthy Living Show, your one stop shop for everything you need to know and learn about leading a healthy life. At the show you will find the latest healthy living and organic products, enjoy health demonstrations and will be able to take part in healthy cooking classes. If that is not enough, on the 5th November International fitness sensation Joe Wicks, also known as 'The Body Coach' will be headlining! Come and join in at one of his highly acclaimed HIIT sessions or check him out on the Healthy Living cooking stage as he cooks up one of his favourite 'Lean in 15 meals.' Tickets on sale now!

For further information visit www.fitfest.ae

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FULL NAME: **NICK WATSON**

AGE: **46**

POSITION: **FOUNDER AT #TEAMANGELWOLF**

In my opinion, Fitness Fest is a place that allows everyone — whether they're a fitness newbie or a seasoned professional — an opportunity to experience the best of what is on offer to Dubai's fitness community. It's a priceless experience to have everything under one roof. It's a non-intimidating event, full of energy, knowledge, information, interaction, support, fun and most importantly motivation!

When eating at a home as a family, we eat a vegan diet. So the recipe below is plant-based, clean, nutritious, and healthy. It's very quick to make and best of all, the children love it! It's a typical dish that we would prepare and eat the night before one of our races. A perfect dish for health and fitness, at any time.

ROASTED CHERRY TOMATO & CACO SAUCE WITH ZUCCHINI RAW NOODLES

By #TeamAngelWolf

SERVES 2 PREP TIME 20 MINUTES
COOK TIME 10 MINUTES

INGREDIENTS

- 500g of cherry tomatoes, halved
- 400g of tinned tomatoes
- 150g sun dried tomatoes
- 6 large basil leaves
- 2 fresh chillies
- 2 gloves of garlic, crushed
- 50g Brazil nuts
- 50g roasted pine nuts
- 30g cacao nibs
- 4 tablespoons extra virgin olive oil
- Salt & pepper to taste
- 1 large zucchini, ends cut off, and cut into spiral noodles with a spiralizer
- ½ avocado, peeled and chopped

For Garnish

- Organic cherry tomatoes
- Roasted pine nuts
- Avocado
- Red pepper flakes and basil

PREPARATION

- In a pan, over a high heat, no oil, heat the cherry tomatoes, until slightly blackened. This should take no more than 5 minutes.
- Blend the cherry tomatoes and all the other ingredients, on high, for a full minute.
- Pour over the spiralled zucchini
- Garnish with cherry tomatoes, avocado, pine nuts, red pepper flakes and basil.



The city's extraordinary Opera House



Oslo harbour

Oslo eats

Scandinavia is the hot foodie destination right now, and Oslo is the rising star. Our new columnist travels to Norway to uncover the best places to eat – from ultra-modern Michelin-starred restaurants to cutting-edge fusion food. By Marina O'Loughlin

Marina O'Loughlin, *The Guardian Weekend's* undercover restaurant reviewer, is one of the UK's most knowledgeable food writers. An intrepid culinary traveller, Marina researches the most exciting places to visit at each destination, so you'll know exactly where and what to eat when you get there. For more from Marina, visit bbcgoodfood.com/writer/marina-oloughlin.

This is the most visually perfect thing: a deep bowl full of velvet-crimson rose petals, on top of which is what turns out to be onion fermented into unexpected sweetness, stuffed with fresh cow's milk yogurt and dusted with dehydrated, crystallised rose powder that glitters like mica. This is the curtain-raiser for an unforgettable meal, 21 courses of innovative food from Esben Holmboe Bang's team in Oslo's **Maaemo** (maaemo.no) – just awarded the full three stars from Messieurs Michelin.

The accolades are unsurprising: Maaemo's food defines the word stellar. Whether it's a tiny snack of chicken skin topped with langoustines' claws and brain meat (honestly, delicious) dotted with delicate dried flowers, or northern



Smalhans – the nearest Oslo gets to hipsterdom

reindeer scattered with lichen in a moody pool of juniper berries, it's a thrilling distillation of Norway on the plate. There are more staff than customers in this extraordinary Bjørvika restaurant – also home to the eye-popping Opera House: walk up it, right onto the roof, to build up an appetite. This is a meal I'll remember for years to come.

Maaemo may be the most luminous star in town, but Oslo is heaving with exciting places to eat. From the glittering, fjord-facing promontory of Aker Brygge, where every second striking building houses restaurants, art galleries or chic design hotels, to ancient Gamlebyen and grungy Grønland, it's impossible to go hungry. There are restaurants and cafés at every turn.

The one name on every insider's lips is **Pjøltergeist** (pjoltergeist.no), a dark, loud space in a former Hells Angels bar in Fredensborg. We turn up with Oslo foodie celebrity Andreas Viestad, who orders up a meal shimmering with Nordic produce, Icelandic traditions

(chef Atli Mar Yngvason is from Iceland), Japanese flavours, Korean spicing and *recherche* wines, natural and biodynamic.

Apparently, this rackets little joint is a favourite hangout for chefs post-service, and I can see why: the creativity is feverish. Takoyaki – gooey, Japanese streetfood-style octopus balls – arrive with shavings of katsuobushi (bonito flakes) trembling in the heat; whalemeat sashimi (don't panic, it's sustainable minke whale; fisheries.no/ecosystems-and-stocks/marine_stocks/mammals), its purple meat in a pungent, sesame-rich dressing; the fluffiest homemade bao buns with langoustine claws – all astonishing.

There's tartare of just-charred horsemeat, cloaked in a creamy sauce of bleak fish roe. One outrageous dish – richest butter and cream-laced potato purée soaked in truffley chicken jus, studded with potato crisps, crisped chicken skin and vast amounts of black Périgord truffle – is something I would happily die eating. Pjøltergeist is a rock-and-roll roller coaster of a restaurant, and I love it.

In addition to being a food evangelist, both on TV and in print (his book *Kitchen of Light* is essential reading for fans of Nordic cuisine), Andreas co-owns what he describes with supreme understatement as 'a little bistro' in pretty Bislett. Why is the restaurant

'It's impossible to go hungry. There are restaurants and cafés at every turn'

called **St Lars** (stlars.no)? The bustling, atmospheric room delivers the answer: St Lawrence was martyred over flaming coals, and the house motto is: 'If it can be grilled, it will be grilled.'

The air is perfumed by the signature dish, a huge shoulder of lamb served family-style under a bush of burning rosemary. From the 'snouts and ears' – crisp puffs of piggy extremities – through a tartare of rich horsemeat with lichen (again!), the meal is butch, uncompromising and delicious. And, dear lord, the chips that arrive with a massive, fire-crusted entrecôte steak



Find fresh seafood at Fiskeriet, a fish shop with lunch counter

'Bang in the middle is the Mathallen food hall, rammed with stalls: Basque pintxos to French duck confit to Norwegian seafood'



and Béarnaise: triple-fried Norwegian almond potatoes laced with whole, unpeeled cloves of garlic for squeezing on top – bliss. St Lars is wonderfully Norwegian, an edgy adventure.

Oslo excels at cutting-edge cocktails. At **Himkok** (himkok.no), they distil their own spirits – vodka, aquavit, seemingly a gazillion iterations of gin in beautiful, vintage-style bottles. And **Fuglen** (fuglen.com), just behind the National Gallery, where old and new – adventurous Scandinavian cocktail ingredients served in a perfectly preserved Modernist interior – meet so successfully that they now have a branch in Tokyo. (And you can buy the 20th-century Modern furnishings.)

They also sell their own coffee, and coffee is big in Oslo: **Tim Wendelboe** (timwendelboe.no) is world famous, but the smart money is on **Java** (javaoslo.no), in St Hanshaugen. This is a wonderful little foodie strip: neighbours include a lavishly stocked deli **Gutta på Haugen**: truffle fries, yes please (gutta.no); and **Smalhans** (smalhans.no), the nearest democratic Oslo gets to hipsterdom. Brick walls, funky artwork, organic, local food. I love the beetroot hummous, a wonderful cultural mash-up of eggs with kimchi, tortilla chips and broccoli guacamole; and cinnamon buns with lemon curd ice cream. Yes, there are beards and tattoos, but there's none of the attitude.

Another newly dynamic neighbourhood is Vulkan, in the heart of the city's super-cool, formerly industrial Grünerløkka district. The street art here alone makes it worth the trip, but for the avid foodie there's treasure upon treasure. Bang in the middle is the **Mathallen food**

hall (mathallenoslo.no), rammed with stalls: Basque pintxos to French duck confit to Norwegian seafood. **Anni's Pølsemakeri** (polsemaker.no) is where to come to fill suitcases with pungent Norwegian sausages and cured meats. Like me, Norwegians love sausages. Our only slight failure is when we attempt to do a 'lunch crawl' around Torggata, to explore Oslo's new wave of 'trash gourmet' outfits, dealing in designer versions of burgers and tacos made with fine, frequently organic ingredients.

The city doesn't have much of a lunching culture and most don't open until late afternoon, so we cool our heels in **Crowbar**, with its dizzying collection of house-brewed beers, and **Culina** (culina.no), a Tardis of a kitchen shop rammed with professional cheffy kit – not exactly a hardship. And we retrace our steps to Youngstorget, a square lined with cafés and food trucks to find **Fiskeriet** (fiskeriet.com), where counters heave with the Norwegian waters' bounty: fat, shocking-pink langoustines, mountains of rosy prawns, slabs of cod, both salted and fresh, rows of oysters. The lunch counter offers us mussels and a 'Taste of Norway': smoked eel and hot-smoked salmon, dill-cured and sweet herrings with dark rye bread and crispbread.

To check out the likes of Arakataka and Piscoteket, Kontrast and Fauna, we're just going to have to go back. Back to further explore this intriguing marriage of fjord, mountain, forest and thrilling urbanity. Sure, my wallet may take a battering – Oslo's reputation for expense isn't unfounded. But you know what? It's worth it. @marinaoloughlin

FROM TOP Mathallen indoor food market; eating al fresco on Karl Johans Gate; burned onions, quail's egg & fenalår (cured lamb) at Maaemo; Youngstorget square in downtown Oslo

EATING Berlin

The German capital has long been at the cutting edge of art and culture. Now the city's culinary scene has caught up. Our columnist discovers butcher's stalls, cafés, vegetarian specialists and innovative restaurants

// You know that moment when the jumbo jet has just taken off from the runway? It feels a bit like that," says Per Meurling, Berlin's foremost food blogger, describing the city's current culinary scene. The sense of excitement around the city's restaurants at the moment is palpable. It's Markthalle Neun (*markthalleneun.de*) in the arty Kreuzberg district that has provided the launchpad for many of the new openings. There are some extraordinary businesses under its roof.

Per shows us his favourites: home-smoked fish; glorious focaccia, farinata (chickpea-flour pancakes) and Italian breads; and **Big Stuff Smoked BBQ** (*bigstuff.de*), where we have a 'small' tray groaning under the weight of pork belly, brisket, smoked potato, pickles and two tangy BBQ sauces. Butcher **Kumpel & Keule** (*kumpelundkeule.de*) grills its fine produce to order: we try meaty, just-made wurst and a slab of smooth

fleischkäse ('meat cheese' – like a cross between meatloaf and pâté), fried and rammed in a fine bun from Sironi bakery and slathered with German mustard. Perfect with beer from maverick craft brewer **Heidenpeters** (*heidenpeters.de*).

Two notable features of the new wave of culinary stars are their youth, and the fact that many are incomers. At **Industry Standard** (*industry-standard.de*), a raucously fun outfit in Neukölln, owner Ramses Manneck is from Mexico City and his staff are Danish, Norwegian, Mancunian. My head the next morning is testament to the fact that these guys are a whole lot of fun. And the food, whether delicate – homemade tagliatelle with a light lemon sauce & trout, or brassica with hazelnuts & brown butter – or part of their 'whole beast' ethos, is far better than the rackets atmosphere would suggest.

Industry Standard's natural wine emphasis is part of a huge worldwide

trend. For some of the finest, we look in unlikely corners: just a few yards from the tourist tat of Checkpoint Charlie, we find the remarkable **Nobelhart & Schmutzig** (*nobelhartundschmutzig.com*). Boss Billy Wagner is a sommelier rather than chef, and dishes arrive with his cheerful instructions as to how to get the most out of the wine pairings.

No photographs are allowed, so both the striking interior and the edgy, hyper-local food – they even avoid lemons, black pepper and chocolate – come with a frisson of surprise. There are blades of chicory, grown in the dark so it tastes almost like pear, laden with salty, delicate coral-coloured roe; 'old dairy cow' from Schorfheide served raw, with wafers of raw, pickled potato; an incredible potato soup poured into



By Marina O'Loughlin, *The Guardian Weekend's* undercover restaurant reviewer, is one of the UK's most knowledgeable food writers. An intrepid culinary traveller, she researches the most exciting places to visit at each destination, so you'll know exactly where and what to eat when you get there. For more from Marina, visit bbcgoodfood.com/writer/marina-oloughlin.

The distinctive
dome at the top
of the Reichstag



a bowl lined with black pudding, shot through with some sinus-clearing mustard. But I won't give too much more away, other than that this adventure comes with a whole load of dark Germanic humour.

Cordobar (cordobar.net), near seedy Oranienstrasse, is equally dedicated to off-piste wines, but is more up for a party. The food often teeters towards bonkers: fat udon noodles 'tantan' – or dandan, featuring minced, spiced raw beef and coleslaw – shouldn't work, but emphatically does. Pizza comes with black pudding, feta & wasabi. It may sound ludicrous, but it's done with such a sure hand that it's never less than delicious. Stickiest pork ribs rustling with flakes of katsuobushi (dried tuna); raw langoustine served with



Industry Standard
– its natural wines
are part of a
worldwide trend



Slow-cooked lamb, leek & egg at Dóttir



Mushrooms & hazelnuts at Einsunternull



'The cooking is ambitious, frequently out-there... a real find'

rhubarb & almond milk, all with wines I've never previously encountered. Cordobar is so much my kind of place.

But Berlin is not all old cows, pig's blood and manic fusion: again, probably due to its history of counter-culturalism, it has a real reputation for vegan and vegetarian food. Even I am thoroughly seduced by [Kanaan](#) ([facebook.com/anaanRestaurantBerlin](#)), a pleasingly shonky-looking 'imbiss' or snackbar in Prenzlauer Berg, where Jalil Dabit and Oz Ben David create hymns to hummous and shakshuka. In its sunny garden, we eat the silkiest, Jerusalem-style hummous slicked with good olive

oil to be piled onto puffy pillows of homemade pitta and the fluffiest, bright green falafel. As for their malawach, served 'sabich' style with grilled aubergine & egg – anyone who accuses vegetarians of being hair-shirted need only take one giant bite of this buttery, flaky bread, the stuffing spilling deliciously messily: sheerest luxury. They've made a point of employing refugees, too – you come out of Kanaan feeling good about the world.

The city's art world has an impact too, both on restaurant design and dishes. Everything from the louche, painting- and installation-strewn Paris Bar in

Charlottenburg, once a haunt of David Bowie and Iggy Pop, to soigné Dóttir, where chef Victoria Eliasdóttir is sister of renowned artist Olafur Eliasson. And Michelin-starred Pauly Saal, where we have cocktails in the artwork-lined bar.

Art and beauty also suffuse delicious, bijou [Tulus Lotrek](#) ([tuluslotrek.de](#)). In a beautiful old townhouse apartment in Kreuzkölln, partners Ilona Scholl and Maximilian Strohe have created something quite enchanting. The cooking is ambitious, frequently out-there – pairing lobster with pear, mushroom and horseradish is a risk that quite comprehensively pays off. Dishes appear restrained, but Max's mantra of 'pure indulgence' shines through every mouthful. Some glorious, bright, mostly German wines make me remember how much I love the vinous produce of the country. Tulus Lotrek is that rarest of restaurants, a real find.

Berlin is extraordinary, much bigger than I expect it to be, each of its districts with their own distinct personality: chichi ladies who lunch in Charlottenberg; multicultural and anarchic Neukölln; the elegant serenity of our temporary home in Prenzlauer

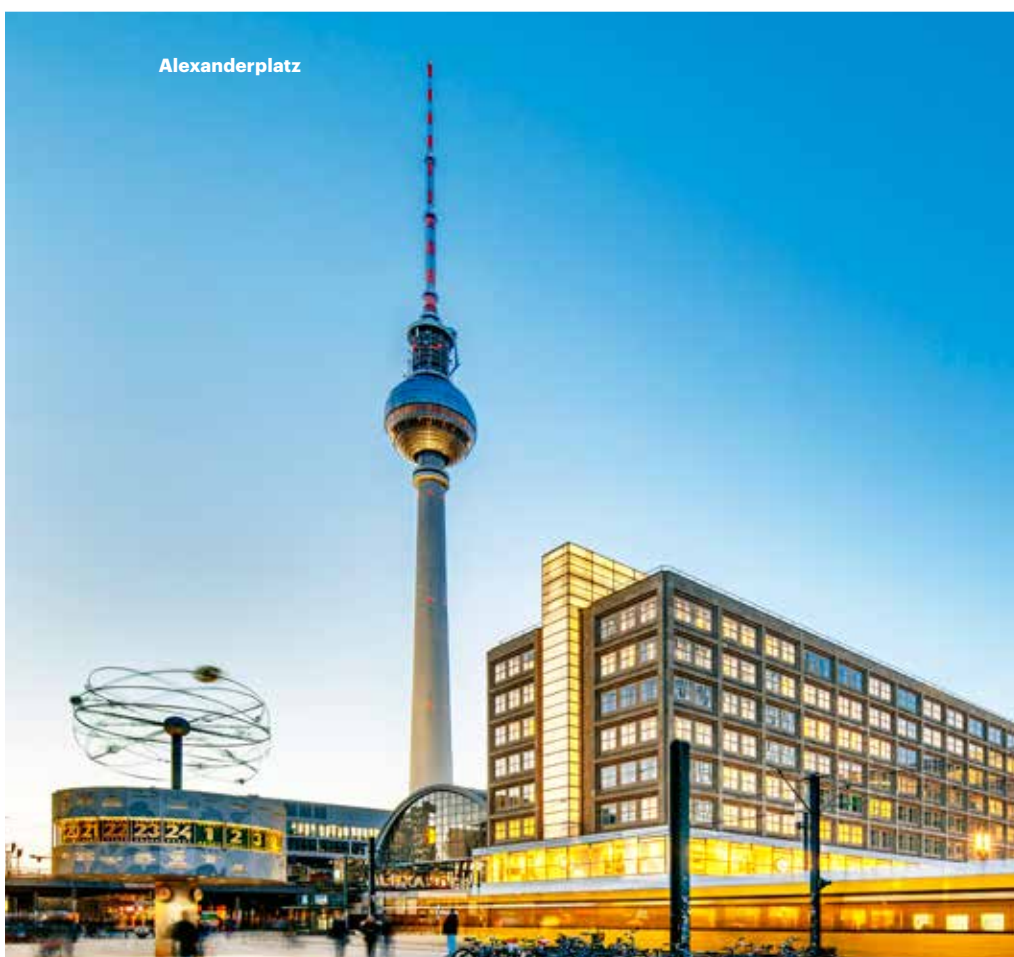


Markthalle Neun



Pauly Saal

Alexanderplatz



Berg. We're staying in the beautiful **Blue Home**, a super-chic, art-filled oasis in a lovely 19th-century building, each room stamped with its own individual personality. Minutes from chaotic, brutalist Alexanderplatz, it's the perfect base for strolling around café-lined avenues, poking heads into vintage stores and weekend flea markets.

Back to one last blast of swishness at **Einsunternull** (einsunternull.com), Ivo Ebert's dream of calm, creamy serenity in Mitte, all glass, pale wood and hand-thrown porcelain. Once again, the mantra is locality and a parade of sublime wines. Dishes are plated like Japanese artworks, even humble ingredients such as button mushrooms turned into things of paper-thin sophistication with toasted hazelnut purée. A chunk of intense beef spare rib, just rosy, comes with a pool of sticky, black, slow-cooked celery root: genuinely like nothing I've ever eaten before. This is no place for a Bunterish blowout, but for those drawn to the intrinsic beauty of food, it's unmissable.

Culturally, socially and artistically, Berlin has long been an innovator and incubator of talent. It still brims with an almost punky energy, endlessly fascinating. And right now it seems that the city's culinary arena has caught up: strap yourselves in, we're ready for take off.

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Miele
IMMER BESSER

Learn to make doughnuts

Doughnut master Justin Gellatly makes irresistibly plump and sugary treats

photographs DAVID COTSWORTH

Doughnut dough

MAKES about 20 doughnuts (about 1kg dough) **PREP** 45 mins plus proving and overnight chilling
COOK 4 mins per doughnut (fried in batches, about 30-40 mins total)
MORE OF A CHALLENGE

For the dough

500g strong white bread flour
60g golden caster sugar
15g fresh yeast, crumbled
4 eggs
zest ½ lemon
2 tsp fine sea salt
125g softened unsalted butter
about 2 litres sunflower oil,
for deep-frying
caster sugar, for tossing

PER DOUGHNUT 255 kcs • fat 16g • saturates 4g •
carbs 22g • sugars 3g • fibre 1g • protein 5g • salt 0.5g

Justin's tips

- Always weigh the water – it's a lot more accurate than using a measuring jug.
- A deep-fat fryer is a lot safer than a pan of hot oil, but please be careful either way! If you don't have a deep-fat fryer (which will have an integral thermometer), you will need a good digital thermometer to check the oil temperature.ink paella called arròs negre.

Custard filling

MAKES about 900g (45g filling each for 20 doughnuts) **PREP** 20 mins
COOK 10 mins **A LITTLE EFFORT**

1 vanilla pod
500ml full-fat milk
6 egg yolks
125g golden caster sugar,
plus an extra 2 tbsp
80g plain flour
200ml double cream

1 Slit the vanilla pod open lengthways and scrape out the seeds. Put both pod and seeds into a heavy-based saucepan with the milk and bring slowly to the boil, to infuse the vanilla.
2 Meanwhile put the egg yolks and the 125g sugar in a bowl and mix together for a few secs, then add in the flour and mix again.

3 Pour the just-boiling milk over the yolk mixture, whisking constantly to prevent curdling, then return the mixture to the saucepan. Cook over a medium heat, whisking constantly, for about 10 mins until very thick.

4 Pass through a fine sieve, discarding the vanilla, and place a sheet of cling film on the surface of the custard to prevent a skin forming. Leave to cool, then chill in the fridge.

5 Whip the cream and the 2 tbsp sugar together until thick but not overwhipped, fold into the chilled custard.

PER 45G 132 kcs • fat 8g • saturates 4g • carbs 13g • sugars 10g • fibre none • protein 2g • salt 0.1g



Try different flavours

BROWN SUGAR Replace the caster sugar with half soft dark brown sugar and half light brown sugar. You can add chopped stem ginger to the finished custard, or some hazelnut praline. Finish with half the quantity of cream.

CHOCOLATE Whisk 150g dark (70%) chocolate into the milk. Finish with half the cream.

COFFEE Add 4 tbsp of freshly ground strong coffee to the milk.

MALT & VANILLA Mix 2 tbsp of powdered malt into the sugar, and 2 tbsp of liquid malt into the milk.

SAFFRON Add a good pinch of saffron to the milk. Finish with half the quantity of cream.

VIOLET CUSTARD Add 3 tsp of violet extract and 3 tbsp of violet liqueur to the finished custard. Sprinkle sugared violets and crushed Parma Violet sweets over the top of the filled doughnuts.



1 Put 150g water and all the dough ingredients, apart from the butter, into the bowl of a mixer with a beater paddle.

Mix on a medium speed for 8 mins or until the dough starts coming away from the sides and forms a ball. Turn off the mixer and let the dough rest for 1 min.



2 Start the mixer up again on a medium speed and slowly add the butter to the dough – about 25g at a time.

Once it is all incorporated, mix on high speed for 5 mins until the dough is glossy, smooth and very elastic when pulled.



3 Cover the bowl with cling film or a clean tea towel and leave to prove until it has doubled in size. Knock back the dough in the bowl briefly, then re-cover and put in the fridge to chill overnight.



4 The next day, take the dough out of the fridge and cut it into 50g pieces (you should get about 20).



5 Roll the dough pieces into smooth, tight buns and place them on a floured baking tray, leaving plenty of room between them, as you don't want them to stick together while they prove.



6 Cover loosely with cling film and leave for 4 hrs or until doubled in size. Fill your deep-fat fryer or heavy-based saucepan halfway with oil. Heat the oil to 180C.



7 When the oil is heated, carefully slide the doughnuts from the tray using a floured pastry scraper. Taking care not to deflate them, put them into the oil. Do 2-3 per batch, depending on the size of your fryer or pan.



8 Fry for 2 mins each side until golden brown – they puff up and float, so you may need to gently push them down after about 1 min to help them colour evenly.



9 Remove the doughnuts from the fryer and place them on kitchen paper.



10 Toss the doughnuts in a bowl of caster sugar while still warm. Repeat the steps until all the doughnuts are fried, but keep checking the oil temperature is correct – if it is too high, they will burn and be raw in the middle; if it is too low, the oil will be absorbed into the doughnuts and they will become greasy. Set aside to cool before filling.



11 To fill the doughnuts, make a hole with a small knife in the crease of each one, anywhere around the white line between the fried top and bottom.



12 Fill a piping bag with your filling and pipe into the doughnut until nicely swollen – 20-50g is the optimum quantity, depending on the filling; cream will be less, because it is more aerated. After filling, the doughnuts are best eaten straight away, but will keep in an airtight tin.

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test kitchen

Get the best from your cooking and improve your skills. Our expert tips and reviews will take your kitchen know-how up a notch



PLATING UP

Build a brighter salad

Whether you're having a dinner party or taking snaps for Instagram, salads look best when they're light and natural. Refresh any drooping leaves in ice-cold water for a few minutes before serving, then drain and pat dry on kitchen paper.

Rather than tossing everything together, layer up ingredients so they're distinct. Too much dressing will weigh leaves down, so add the dressing at the last minute and use just a little, serving the rest on the side. Curved shapes look better than cubes on camera, so slice ingredients at an angle, peel into ribbons or shred them. Don't chop herbs to dust – keep them visible and use whole small leaves to scatter over.

Do you really need to... Toast spices?

Recipes often call for whole spices to be dry-toasted – heating them in a pan for 1-2 mins with no water or oil. While not essential, this helps release oils, making them more fragrant, easier to grind, and less bitter. Frying in oil or infusing in hot liquids will give a similar result.



BAKER'S BLUFF

Chiboust cream

Traditionally used to fill millefeuille, chiboust is made by folding stiffly beaten egg whites, Italian meringue or whipped cream into crème pâtissière – a rich egg custard that's been thickened with flour (adding meringue or whipped cream lightens the mixture). Chiboust is often flavoured with vanilla, coffee or chocolate and sometimes includes gelatine. You can find recipes for crème pâtissière and Italian meringue at bbcgoodfoodme.com.





COOK LIKE A PRO

Saucing pasta

Want to achieve the silky finish to pasta dishes that you get in Italy? We asked Jordan Frieda, the pasta master, for his secret.

“Spadellare is the crucial process of combining cooked pasta with sauce,” he said. “For a silky, unctuous plate of pasta, you need to toss the pasta and sauce together in the pan for at least a minute, adding a touch of the starchy cooking water as you go, so the sauce clings to the pasta. The starch creates an emulsion which transmits the flavours of the sauce better, and makes the dish lighter and easier to digest.”

YOUR WEEKEND CHALLENGE

Making labneh

Labneh is a thick, strained yoghurt that’s popular here across the Middle East. It’s made by straining yoghurt to remove the whey, leaving behind a creamy, tangy, spreadable version. It can be flavoured with herbs and spices to use as a dip or in salads and sandwiches. For a sweet version, mix with honey or strawberry jam and spread on toast. And don’t throw away the strained whey – use it in bread dough, pancake batter and smoothies.

Line a fine sieve with cheesecloth or muslin and put over a deep bowl. Add 500g full-fat Greek yoghurt, pull up the edges of the muslin and twist them together to cover the yogurt. Leave in the fridge for 24-48 hours until it’s the thickness of soft cream cheese. Store the labneh in the fridge in an airtight container for up to three days or roll into balls and keep in a sterilised jar, covered in olive oil, for up to three weeks.

📷 Tag your recipes

@bbcgoodfoodme and we’ll share the best.



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TAKE A COOKERY COURSE

The Chef’s Palette by Gaggenau, a cooking studio at Fairmont The Palm is the perfect destination to introduce young children to the art of cooking. Do your kids aspire to be the next great chef at one of Dubai’s best family restaurants? Those who can’t get enough of stirring, whisking and decorating after school will love slapping on a mini chef’s hat and trying a hand at one of these kids’ cooking classes. Children from 8-12 years old are invited to an exciting after-school programme which would teach them the basics of cooking explore healthy aspects of nutrition and have messy fun with their culinary buddies. Each week will bring in new dishes and whole new plate of excitement. What’s more – all cooked meals will be enjoyed either at the culinary studio or wrapped to take home to proudly share with parents. The ‘Little Cookies’ cooking classes are scheduled to take place every Sunday or Tuesday between 3:30pm – 5:30pm from September through November at Fairmont The Palm and is priced at Dhs1,500 per child for a 10-week course. Call 04-4573457.



ESSENTIAL KIT

Preserving

'Preserving is easier than you might think, and you don't need any specialised equipment in the beginning', says Kylee Newton, author of *The Modern Preserver*. 'I started with a stockpot and a large pan. However, these five bits of kit are brilliant if you want to develop your repertoire.'

- 1** Pick a maslin/ preserving pan with a larger top to base, as this helps with heat release.
- 2** It's fun to collect vintage glass jars and bottles, but use new lids if you can, or a paraffin wax or baking parchment protective layer to keep the jam for longer.
- 3** Funnels with a wide-hole spout help to keep

things tidier when filling your jars.

4 Use a flat-edged, long-handled wooden spoon to scrape out the pan and protect you from any spitting.

5 You can use a jam thermometer to establish when the mixture has reached the correct temperature for setting, but I prefer the 'wrinkle test' – in which case, several small saucers in the freezer is a must.



HOW TO EAT

Globe artichokes

Dissecting a whole steamed or boiled artichoke is a little messy and takes time, but the reward is the heart at its base. See page 48 for our artichoke recipes.



- 1** Firmly pull out one of the leaves, revealing an edible tip that is lighter in colour and fleshier than the rest of the leaf.



- 2** Dip the tip into melted butter, then pull it between your teeth to scrape off the tender flesh. Discard, then repeat.



- 3** Pick out the smaller middle leaves and scrape out the hairy, inedible choke, taking care not to damage the fleshy heart.



- 4** The heart is the most tender, prized part of the artichoke. Cut it into pieces, dip in the butter and enjoy.



CHEF SWAPS

Black garlic for garlic

With a sweeter flavour than white, and hints of balsamic vinegar notes, black garlic is a type of caramelised garlic. You can use it in place of white garlic in salad dressings, marinades and aioli. To make black garlic, white bulbs need to be gently heated in a humid environment for four to six weeks. The cloves caramelise, become soft in texture and lose their pungency. You can buy it from desertcart.ae or Asian supermarkets.

STEP BY STEP

Pastéis de nata

Nuno Mendes visits the Good Food Test Kitchen to show us how to make classic Portuguese custard tarts

photographs DAVID COTSWORTH



These custard tarts are the cakes of my childhood, the treat my grandmother would buy me when we went to a café. I've adapted the classic recipe to make it work for home cooks, who won't have the same fierce ovens used in the Portuguese pastry shops but I've kept them as authentic as possible by making my own pastry.

Portuguese chef Nuno Mendes is Executive chef of Chiltern Firehouse (chilternfirehouse.com), and founder of Taberna do Mercado (tabernamercado.co.uk) in Spitalfields Market, London. @nunoviajante

Pastéis de nata (Portuguese custard tarts)

MAKES 8 **PREP** 1 hr plus 1 hr chilling
COOK 25 mins **A CHALLENGE**

For the pastry

175g unsalted butter, plus extra, melted, for greasing

250g plain flour

For the syrup

225g caster sugar

1 cinnamon stick

peel of ½ an unwaxed lemon

For the custard

250ml milk

1 cinnamon stick

peel of ½ an unwaxed lemon

20g unsalted butter

1 tsp cornflour

2 tbsp plain flour

2 organic egg yolks

1 Using a pastry brush, grease eight individual pastry tins generously with the melted butter, then chill in the fridge. Put the butter between two sheets of baking parchment, then bash and roll into a large rectangle roughly the thickness of a £1 coin. In a large bowl, mix the flour with 150ml water and a pinch of salt using a wooden spoon. Tip the dough onto a clean surface and knead for 5 mins until smooth.

2 Shape the dough into a rough rectangle, cover with cling film and rest in the fridge for 20 mins. If your butter is getting too soft, put it in the fridge to chill too. Roll the dough out into a large, thin rectangle at least twice the size of the butter. Put the butter in the middle of the dough, fold all the edges up over it to encase it, then fold the dough over itself in half.

3 Roll out the dough to roughly half its original size, then fold in half, then half again to make a rectangle a quarter the size of the original. Repeat this process once more. Don't worry about being too precise here, you're just looking to create a few layers within the pastry. Cover and put the pastry in the fridge to rest for 20 mins.

4 Roll the chilled dough into a thin A3-sized rectangle, then roll it up lengthways into a tight sausage shape. Cut off a third for

the tarts, then cover and freeze the rest for another time. (It would also make delicious palmier biscuits.)

5 Slice the pastry into 8 discs slightly thicker than a £1 coin. Work the discs into the tins with your fingers, pressing and stretching them to fill the tins. Chill while you make the custard.

6 In a pan, warm 150ml milk with the cinnamon stick, lemon peel and half the butter until just simmering and the butter has melted. In a large bowl, sieve the cornflour and flour into the remaining milk and whisk to form a thin paste. Pour the warm milk mixture over the flour paste and leave to infuse for a few mins. Sieve the custard back into the pan, heat gently and keep stirring for 3-4 mins until it reaches the consistency of double cream.

Take off the heat and blend in the remaining butter.

7 Put the syrup ingredients in a pan and stir over a medium heat for 5 mins until you have a light, fragrant caramel. Take the pan off the heat and carefully pour in 150ml water. Return the pan to a low heat until the sugar has melted again into a syrup. Strain into a bowl.

8 Slowly add half the syrup to the custard and whisk until completely blended. You can store the custard in the fridge from this point, but don't add the eggs until just before you are ready to cook the tarts. Heat oven to 260C/240C fan/gas 8. Put a baking tray on the top shelf of the oven to heat up. Whisk the egg yolks in a small bowl, then incorporate into the custard. Pour the mixture into the pastry tins, then place on the hot baking tray.

9 Put the tray at the bottom of the oven and bake for 5 mins. After 5 mins, turn the oven onto its grill setting and transfer the tarts to the top shelf. Grill for 2 mins until caramelised – the darker the better. Remove from the oven and brush with a little of the remaining syrup. Let the tarts cool slightly in the moulds before turning out onto a cooling rack.

PER TART 460 kcs • fat 22g • saturates 14g • carbs 58g • sugars 30g • fibre 1g • protein 3g • salt 0.1g



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At Warwick Dubai, you'll have seven fantastic dining experiences to choose from. From the Deli Grind, which offers the perfect setting for a quick working lunch or healthy light bites, to Bayty All-Day Dining, where you can savour a delicious international buffet for breakfast and lunch as well as extensive a la carte options and special theme nights in the evenings. You can also relish soulful Pan Asian cuisine served with a modern twist, in the Asian-inspired Zenses Pan-Asian Restaurant, or perhaps catch all the latest sporting action and cheer on your team over drinks and bar bites at Jimmy Wickets Sports Bar & Lounge, plus much more!

The prize draw for the two-night stay for two adults and two children at Warwick Dubai will be made at the end of September 2016. The prize cannot be exchanged under any circumstances and is not transferable. Subject to availability.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

What is the sports bar called at Warwick Dubai?

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

BRUNCH FOR 4 AT TEN STREET! WORTH DHS1,180

On JBR, Ten Street is a vibrant new restaurant and party hotspot, Ten Street, where you can eat, drink, meet, watch and play. From finger-lickin' smoked BBQ ribs and

specialty burgers that burst out of their buns, to ample sharing platters for those whose eyes are bigger than their bellies, the menu has enough comforting options to satisfy all.



WIN!

A DINING VOUCHER FOR 2 WITH A BOTTLE OF HOUSE BEVERAGES AT ROSSO! WORTH DHS500

Rosso Restaurant and Bar at Amwaj Rotana on JBR, serves hearty and unpretentious Italian cuisine and

international beverages in an atmosphere of casual elegance. Rosso's passionate team will be glad to recommend chef's specials in addition to fresh homemade pastas and risottos. You have the option to dine indoors overlooking the energy of the open kitchen with wood-fired pizza oven or enjoy the al fresco dining experience, where you can gaze at the sunset overlooking the Arabian Gulf. Call 04-4282000.



WIN!

A DINING VOUCHER FOR ASHA'S 'INDIA'S PRIDE' GASTRONOMICAL EVENT! WORTH DHS500

Following the resounding success of its recent 'Live like a Maharaja' menu, dishes inspired by the royal kitchens

of India, Asha's at Wafi present a selection of 10 new unique and creative Biryani and Kebab dishes showcasing recipes perfected by Asha in her personal kitchen in Bombay. Asha, a quintessential cook at home whose passion in life is to prepare her food with love, has pampered Bollywood veterans and iconic prime ministers with her secret Biryani recipes.



WIN!

A FRISKARS KITCHENWARE SET! WORTH DHS1,000

Including a 'Fiskars Saute Pan 24cm Stainless Steel, Salad Spinner, Small Knife Set, Table Knife Set, Breakfast Knives, Fruit Juicer, Apple Divider, Box Grater, Spoon and General Purpose Classic Orange Scissor', the set is a great addition to any kitchen. Fiskars products are renowned worldwide for their functionality and cutting-edge design. Fiskars high quality kitchen tools are now available through shop-in-shops at Jashanmal's department stores namely in Dubai Mall, Mall of Emirates, Dubai Festival and Ibn Battuta.



WIN!

ONE OF FOUR SETS OF FIVE TICKETS TO THE SUN AND SAND SPORTS FITNESS FEST! WORTH DHS500

Dubai's first ever Healthy Living Show is co-located with the Sun and Sand Sports Fitness

Fest and is your one stop shop for everything you need to know about healthy living. The show will be headlined by International Sensation 'Joe Wicks', also known as The Body Coach. The Show will consist of live demos, healthy cooking shows, health and fitness talks as well as a huge shopping hall for visitors to check out.



WIN!

AN IITTALA SET FOR YOUR HOME! WORTH DHS1,000

The set contains a beautiful 'Aalto Vase Rain 160 mm', 'Kaasa Tealight Candle Holder 141x115 mm in Grey' and a '2 piece Kastehehmi Votives Grey. As a company based in

Finland, where quality, aesthetics and functionality are important values, Iittala believes in interior design that lasts a lifetime.



WIN!

A DINING VOUCHER FOR AT SAKURA IN CROWN PLAZA DUBAI! WORTH DHS500

With its simple yet elegant décor featuring calligraphy and elaborately adorned walls, Sakura offers traditional live

teppanyaki tables, a sushi bar and two private tatami rooms in Dubai. Known for serving some of the best Japanese food in town, Sakura restaurant is a must for sushi lovers. The chefs, armed with Samurai-like knives, prepare food right in front of your eyes, slicing morsels mid-air and catching eggs in their hats. For a more intimate experience, private tatami rooms are also available where diners sit around a table, just a foot off the floor. Located on floor 4 of Crowne Plaza Dubai. Call 800-276963.

WIN!

THE ENTERTAINER CHEERS APP! WORTH DHS495

Antique Summer has definitely kicked in! Beat the heat and find your cool zone with Cheers Dubai, the new Entertainer App. Featuring hundreds of Buy One Get One Free offers exclusively on drinks, the Entertainer Cheers will help you to cool down in the best restaurants, bars and nightspots of Dubai including renowned names such as The Observatory, The Meat Co, Fume, Cocktail Kitchen, Barrel 12, Sun&, Tribeca, Aquara, Tortuga, KANPAI, El Sur, Café Habana and many more.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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